

FAMILY & CONSUMER SCIENCES

Newsletter

August 2009

Cooperative Extension Service
Spencer County
66 Spears Drive
PO Box 368
Taylorsville, KY 40071-0368
(502)477-2217
Fax: (502) 477-1343
www.ca.uky.edu/ces

CLUB	DATE, TIME & LOCATION	CONTACT
Bluegrass Basket Guild	Sept 3, Nov 5 – 4 pm Extension Office	Nicole Hahn 477-2217
Machine Embroidery Club	Sept 14 – 10 am Extension Office	Pat Douglas 477-5092
Patch workers Quilt Guild	Sept 1 – 9:30 am Extension Office	Jean Johnson 477-2735
Gardening Association	Sept 1– 7 pm Members Home	Pat Moreman 477-5910
Aprons and Ideas	Contact office for next date	Mary Trice 477-9744
Loyal Homemakers	September 10 – 10 am Extension Office	Diane Fischer 477-9405
Needlework Club	Aug 17, Sept 21 – 10 am Extension Office	Laurita Aubrey 477-5552
Waterford Homemakers	Sept 16 – 10 am Extension Office	Judy Broyles 477-8890
Thread & Thimble	Aug 24, Sept 28 – 10 Extension Office	Pat Douglas 477-5092

Living Well: Eating Right, Spending Smart, Enjoying Home and Sharing Time. Extension makes a difference in the lives of people, families, and communities.



2009 Louisville Area Annual Meeting
Tuesday, October 13th

Are We Returning to the Past?

By

Margaret Hardesty Day
Author, Speaker & Story-teller
Paroquet Springs Conference Centre
Shepherdsville, KY 40165

9:30 am Registration begins

10 am Meeting begins

10:30 am Brunch Buffett

Cost: \$15

Call Spencer Co. Extension Office to register:
502-477-2217

Deadline for registration: September 1, 2009
Make checks payable to Spencer Co.
Homemakers

2009-10 HOMEMAKER LESSONS

September 23 – 1:30 pm

Hazardous Chemicals
Maryellen Garrison, Henry County FCS
Agent

October 28 – 1:30 pm

Gifts of Gratitude Lesson
Nelda Moore, Jefferson County FCS
Agent

November

No Lesson - No leader training

December

Packet Lesson – Home Cleaning Products
–Safe, Healthy, Green
Allison Lewis, Spencer County FCS
Agent

January 6 – 1:30 pm

Time Management
Sheila Fawbush, Shelby Co FCS Agent

February 24 – 1:30 pm

Green Your Home
Valerie Holland, Jefferson Co. FCS Agent

March 24 – 6:30 pm

Understanding the Food Label
Chris Duncan, Oldham Co, FCS Agent

April 28 – 6:30 pm

Travel the Kentucky Quilt Trail
Jane Proctor, Trimble Co. FCS Agent

Paul's Discount & The U.K. Extension

Service

Present

Lake Cumberland Quilt Fest

Friday August 21st & Saturday August
22nd at The Center for Rural Development in
Somerset

~Seminars~ Instructional Classes~~Free
Demonstrations~Vendors~

Featured Speaker:

Helen Squire
Paducah, KY

Additional featured teachers include
Shirley Adams of the TV program “The Sewing

Connection”, and Peggy Stinson & Polly Taylor,
“Quilt-in-a-Day” teachers

Classes by Ky. Teachers: Sarah Frye,
Mary Lou Casada, Kathy Jones, Anneda Guffey,
Ruby Edwards, & Carol Ann White

Registration information can be seen at
www.paulsdiscount.com. To request an email
copy of the photos of class projects, email
hjackson@uky.edu or Deanna Eubank at
lcquiltfest@hotmail.com.

For more information contact:
The Fabric Dept @ Paul's Discount 606-678-
4405

Hazel Jackson, Rockcastle Co. Extension
Service @ 606-256-2403

Bluegrass Basket Guild 4th Annual Basket Retreat

Do you like to make baskets? Are you
looking for something fun to do? Come join
the Spencer County Bluegrass Basket Guild
for their 4th Annual

Retreat. The
retreat is held at
the Shelby County
Extension Office
on October 23 &
24. There is a
hotel that has
rooms that is

within a 5 minute drive of the extension
office. For more information or registration,
check out the Spencer County Extension
Website at www.spencerextension.com and
click on the Bluegrass Basket Guild Retreat
information on the right hand side. Come on
out and join us. There are lots of new friends
waiting to meet you.



ANTIQUÉ CLASSES

Tuesday, September 1 – October 22, 2009
Location: Oldham County Extension Office
1815 North Highway 393 (in Buckner)
LaGrange, KY 40031

Two Sessions: Tuesdays 1:00PM – 3:00PM or
6:30PM – 8:30PM.

R.E. Wells, noted antique authority from Versailles, Kentucky, will be at the Oldham County Extension Office on the following dates:



Dates and Topics Offered:

- Sept 1 Introduction
- Sept 8 Grandmother's China
- Sept 15 American Furniture Style & Period
- Sept 22 Great American Quilt Show
- Sept 29 American Art Pottery
- Oct 6 American Glass
- Oct 13 What Is It?
- Oct 20 Road Show

This is an 8-week course. The fee is \$75.00. Class size will be limited to a first to sign-up basis. Make checks payable to: Oldham County Extension Homemakers. Return to Chris Duncan, 1815 North Highway 393, LaGrange, KY 40031-8632.



SELECT AFTERNOON or EVENING SESSION.

Contact the Oldham County Extension Service at 502-222-9453 for more details.

You may bring ONLY ONE item to be appraised each week.

County Fair Exhibit Hall Update

We had a great turn out this year. You will see below that we are up from 2008. A HUGE thanks goes out to everyone that helped in this endeavor. We appreciate all the great help we get every year.

2008

Open Classes – 680
4-H Division – 131
Total – 811

2009

Open Classes – 781
4-H Division – 141
Total 922

We are up by 111 items this year. That is awesome... The areas that were up the most were Flowers and Open Fine Arts.

3rd Annual Kentucky Farm Women Field Day

SAVE THE DATE - TUESDAY, SEPTEMBER 22, 2009!

We are excited to announce that the 3rd Annual Kentucky Farm Women Field Day will be held on Tuesday, September 22, 2009, at the Louisville Zoo, 1100 Trevilian Way in Louisville! You are invited to join women associated with agriculture from all across the Commonwealth for fun, fellowship and a free meal at the zoo!

For the 3rd Annual Kentucky Farm Women Field *Day*, registration will be held at 2:45 pm ET at the front entrance.

Following registration, everyone will convene in the Oasis Tent and then have the opportunity to rotate through six different learning stations and exhibits of topics including Landscaping/Yard Maintenance; "What I should know before I go to the parts counter;" Tips on buying tractors and equipment/Maintaining your equipment; Environmental Stewardship Best Practices; Women's Health; Farm Safety with Kentucky Department of Agriculture Expert Dale Dobson; Focus on Ag Education: scholarships, training & leadership programs available; Cooking Demonstrations and more! The dinner, compliments of Hartland Equipment, will follow along with a forum that features special guests with Q&A. We will conclude the field day with an overview of the zoo from a Louisville Zoo Team Member. You may even get to meet some of the special animals!



Please don't let your children keep you from coming. There will be educational activities for them throughout the zoo that afternoon so the women can enjoy the event. Please know that transportation from the front of the zoo to the field day area will be made available to those who request it. We are proud to be able to provide exhibit space free of charge. When you RSVP, please let Jean-Marie know if you will need transportation at the zoo, if children will be coming with you, if your organization would like to be featured in the

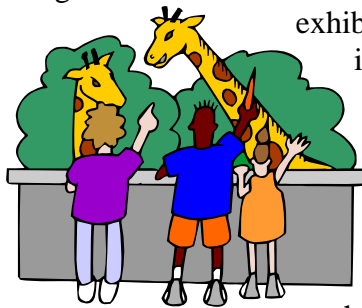


exhibit area and if you are interested in being a sponsor.

Hartland Equipment will purchase admission tickets to the Louisville Zoo for the first 300 who register

for the field day! The zoo opens at 10:00 am ET; and if you would like to explore the zoo before the field day, RSVP soon and a team member will greet you at the front entrance to give you your ticket. To RSVP or if you have questions, contact Jean-Marie Lawson, Corporate Marketing Manager, Hartland Equipment at jean-marie@hartlandeq.com or (502) 239-8484.

We are thrilled to be having our 3rd Annual Kentucky Farm Women Field Day at the Louisville Zoo, which sits on 100 plus acres of land with hundreds of varieties of exotic and natural plants, trees and grasses spread throughout. The zoo has over 1,300 animals exhibited in beautiful natural settings. Favorites include giraffes, elephants, gorillas, lions, tigers, penguins, pygmy hippos, orangutans, reptiles, hundreds of colorful birds and many more. The Louisville Zoo is honored to be the site of the field day and the team members look forward to showcasing the award-winning zoo! For more information about the Louisville Zoo, visit www.louisvillezoo.org.

We are looking forward to a great field day on September 22 at the Louisville Zoo! There are dedicated sponsors and committee members helping plan this event. Exciting

details are being planned while you are reading this memo. Please stay tuned!

UK Web Site Helps Kentuckians Go Green

In recent years there has been a resurgence of public interest in the environment. Most of us understand the importance of having a clean, healthy environment and want to protect it for future generations. But many times we don't know where to start or we become confused by all the environmentally-friendly options and products, and our efforts get pushed aside as we address other concerns in our hectic lives.



The University of Kentucky Cooperative Extension Service believes environmental education is key in protecting our natural resources. To help Kentuckians learn how they can become better

stewards of the environment, UK has launched the see blue. Go green. Website.

The easy-to-use Web site contains research-based information from UK specialists and state agencies on environmentally-friendly issues and topics related to the home, workplace, farm, garden, woodlands and travel. From composting to using energy efficient light bulbs and appliances, there are ways for each of us to get involved. Not only do many of these measures help protect the environment but many times they are more cost effective than traditional methods.

Youth educational tools for teachers can also be found on the site. Educators can use the many hands-on activities, ranging from wildlife to water quality, to get students excited and interested in science and their natural environment.

See blue. go green. also features a calendar of events that contains numerous environmentally-related activities that are planned across the state. The Web site is frequently updated so you can log on and see



what types of environmental activities are going on across the state and in your back yard.

For more information on ways to live green in the Bluegrass state, visit the see blue. go green. Web site at <http://www.ca.uky.edu/gogreen/>

Flooded Fruits and Vegetables Should Be Discarded

Fresh fruits and vegetables that have been partially or completely submerged in flood water or that might have come in contact with contaminated water are not safe to consume.

There is a high health risk of developing disease from consuming these products. Flood water may be contaminated with sewage, animal waste, heavy metals, pathogenic microorganisms, or other contaminants. These contaminants are not only on the surface of the fruits and vegetables, but may move into plant tissues.



The Food and Drug Administration considers these products “adulterated” and not fit for consumption. Pooled or standing water after a rainfall that is not likely to be contaminated should not be considered flooding.

If your produce is in close proximity to a flooded area but has not come in contact with flood water, prevent cross contamination by keeping harvesting or cleaning equipment and personnel away from the flooded area during growth and harvest.



If an unplanted field has been partially or completely flooded, determine the source of flood water and determine whether there are significant threats to human health. Allow soils to dry sufficiently and rework the soil, before planting crops. Microbial soil testing can provide valuable information regarding relative health risks, but sampling in itself does not guarantee the lack of human pathogens.

Produce from flood-damaged gardens should not be sold at the farmers market or farm stand until



the risk of contamination is gone. Produce should also not be used for home canning.

As always, proper food handling methods in the kitchen are important for food safety. They include, washing hands while preparing food, cleaning and disinfecting work surfaces, equipment and supplies, use potable water and “if in doubt, throw it out”.

Reference: FDA Guide to Minimize Microbial Food Safety Hazards for Fresh Fruits and Vegetables

(www.foodsafety.gov/~prodguid.html)

By Sandra Bastin, Associate Extension Professor, Food and Nutrition Specialist, University of Kentucky, College of Agriculture

Up Coming Programs and Events

Louisville Area Homemakers Annual Meeting (Oct. 13, 2009)

Louisville Area Homemakers Council Meeting (Nov. 16, 2009)

Visit our website at www.spencerextension.com

Allison Lewis

Allison Lewis
CEA for Family and
Consumer Science

