



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# Warren County Extension

## HOMEMAKER HORIZONS

July/ August 2023 (st)

# County Cultural Arts Contest

## WARREN COUNTY CULTURAL ARTS CONTEST

**THURSDAY, AUGUST 10<sup>TH</sup>**  
**DROP OFF TIME: 9AM - 11AM**  
**JUDGING: 11AM - 12PM**  
**VIEWING: 1 - 1:45PM**  
**PICK UP TIME: 2PM**

All items must have been made during the last 2 years!

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*Kristi Shive*

**Kristi Shive**  
Warren County Extension  
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**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



Disabilities  
accommodated  
with prior notification.

# Practice Safe Canning Practices this Summer

Source: Annhall Norris, Food Preservation Extension Specialist

Gardens are beginning to bear the fruits of your labor. Soon, it will be time to start thinking about preserving some of that excess produce for winter months.



Safety is of utmost importance for those of us preserving food, because improperly home-canned food can lead to foodborne illness.

Bacteria, yeasts, and molds can grow quickly on fresh fruits and vegetables. Oxygen and enzymes that can cause food to spoil are found all over and inside produce. Safe home canning methods help prevent the growth of these harmful bacteria, yeast and molds; remove excess oxygen from the food; destroy spoilage enzymes; and allow for year-round enjoyment of the foods from your garden.

Despite what you may find on the Internet or social media, there are only two acceptable methods for home canning safe, quality products--the boiling water canner method and the pressure canner method. The type of food you are preserving will dictate which method to use. You should use boiling water canners to preserve foods that are naturally high in acid, like most fruits. Pressure canners must be used for all fresh vegetables, meat and poultry. Both methods, when used properly, can prevent botulism, a deadly form of food poisoning associated with canned food.

You can safely process foods that are naturally high in acid or foods that have been acidified with lemon juice or vinegar (like pickles, salsa and relishes) in a boiling water bath canner. The acid prevents the growth of harmful bacteria in these foods. However, vegetables, meats and poultry do not contain enough acid to prevent bacterial growth. For these foods temperatures between 240 and 250 degrees Fahrenheit are necessary to prevent the growth of bacteria.

You can only reach these temperatures using a pressure canner. Therefore, you must process all vegetables and other low acid foods in a pressure canner.

Be sure to use up-to-date equipment that's in proper working condition. It's never a good idea to purchase a pressure canner at a yard sale or flea market as replacement parts and manufacturer's instructions may not be available. Pressure canners made after 1997 are designed with more safety features and weigh much less than older canners. You should test the gauge on dial-gauge pressure canners each year. Your local extension office can do this for you. It is also important to use only Mason-type canning jars and self-sealing, two-piece lids. Never reuse jars that once contained mayonnaise or other food products as they will crack and break during processing.

Always use research-based recipes to preserve foods. These recipes are available in UK Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving or the National Center for Home Food Preservation's website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make additions or changes unless the recipe provides information on these options. Not following the recipe precisely or using a recipe that is not research-based, may result in sickness.

For more information on safe food canning and research-based recipes, contact your Warren County Cooperative Extension Service.



Be sure to like  
"Living Well in Warren County"  
on Facebook to keep up with all  
homemaker events!

# Happy Birthday!!

Martha Morgan	July 4
Vivian Foe	July 7
Bobbie Dawson	July 12
Diana Stewart	July 13
Sally Hinton	July 17
Betty Grammer	July 22
Jeanette Miller	July 31
Darleen Ledbetter	August 2
Jane Haley	August 11
Debbie Schroeter	August 16
Ruth Moyers	August 30

## Dessert Pizza

### INGREDIENTS

- 1 pkg (16.5 oz/468 g) refrigerated sugar cookie dough
- 1 pkg (8 oz/250 g) cream cheese, softened
- 1/3 cup (75 mL) sugar
- 4 cups (1 L) assorted fresh fruit such as strawberries, kiwi, bananas or peaches; blueberries or raspberries

### DIRECTIONS

Preheat your oven to 350°F (180°C). For the crust, shape the cookie dough into a ball. Place the dough in the center of a baking sheet or pizza pan and flatten slightly with the palm of your hand and press the dough to a 12" (30-cm) circle, about 1/4" (6 mm) thick. Bake dough for 18–20 minutes or until it is a light golden brown. Remove from oven and let cool completely.

For the topping, combine the cream cheese and sugar in a small bowl; mix well. Spread the mixture evenly over the top of the cookie. Arrange fruit over the cream cheese mixture. Refrigerate. Cut into 16 wedges and serve.



Calories 220, Total Fat 12 g, Saturated Fat 5 g, Cholesterol 25 mg, Sodium 180 mg, Carbohydrate 28 g, Fiber 1 g, Protein 3 g

# Upcoming Events

- August 4: **Transfer Day/Program of Work** 9:30 -11am
- August 10: **County Cultural Arts Contest** (See times on front)
- August 17: **Executive Board** 9am & **Advisory Council** 10am
- August 24: **September HM Lesson Training** - 10am
- August 28: **Club Officer Training** 10am
- September 6: **MCA Cultural Arts Contest** \*County champion winners may enter\*
- \*Registration times\*
  - 8am – Warren
  - 8:30 am – Logan, Barren, Butler
  - 9am – Edmonson, Metcalfe & Simpson
  - 9:30am – Allen, Monroe, & Hart
  - 11am – Judging Begins
- September 28: **October HM Lesson Training** - 10am



## Join us for Farm & Home

with Kristi Shive & Joanna Coles on WBKO

Monday - Friday between  
5:15 a.m. - 5:30 a.m. on local ABC  
&  
7:15 a.m. - 7:30 a.m. on local Fox







Lynn Blankenship, Metcalfe County FCS had the group up and practicing breathing techniques.



A big thanks to Judy Hatcher & Nell Kemp for the beautiful decorations and self-care activities.



We want to extend a thank you to our current county officers and chairmen and incoming officers and chairmen for all that you do for Warren County Homemakers!



A special thanks to Judy Hatcher, 2nd Vice and the Annual Meeting Committee for hosting a wonderful Annual Day!

**Congratulations to all the winners and those recognized for their efforts!**

**Outgoing Officers and Chairmen**

- President - Shirley Belcher
- Secretary - Faye Sparks
- 4-H Youth Development - Ruth Moyers
- Cultural Arts - Wanda Payne
- International - Jane Haley
- Leadership Development - Sarah Neil Cook

**Incoming Officers and Chairmen**

- President - Eileen Capps
- Secretary - Betty Gramm
- 4-H Youth Development - Faye Sparks
- Cultural Arts - Jane Haley
- International - Wanda Payne
- Leadership Development - Beth Reidelback





## MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

### Reduce Stress Through Mindfulness

Fingers holding cell phones, constant updates via social media, 24/7 news alerts, and demands from work and home help create a world that is full of noise, chaos and all kinds of stressors that bombard us each day. Sometimes, we can get caught up in these stressors or events and allow them to take control over our lives and reduce our quality of life. Next time you are faced with a particularly stressful encounter or situation, try using mindfulness to reduce your stress and return your focus to what is important to you.



Mindfulness requires you to purposely pay attention to what is happening in the present moment. The most common method is to focus on breathing in and out, clearing your mind of thoughts. You can also focus on your physical self, your surroundings or your movements as you do a normal daily activity such as walking. Mindfulness helps you re-center, reduces external distractions and allows you to evaluate yourself and your reactions to the stressors around you.

Mindfulness-based stress reduction has been around since the 1970s, and numerous scientific studies have shown its effectiveness in stress reduction, as well as other positive benefits, including a decrease in anxiety and depression. Some studies have shown mindful eating can be a tool for weight management.

Source: Kerri Ashurst, Senior Extension Specialist and Janet Mullins, Extension Professor



### What is Mindful Eating?

Mindful eating is selecting the foods your body needs for good health and taking time to enjoy the experience of eating.

Slow down and use your senses. Pay close attention to the smell, texture, and taste of your food and the environment in which you are eating. When you pay more attention to what foods you put on your plate, you also become more aware of what your body is telling you through the process of eating. You may find yourself more aware of whether you are truly hungry and when your body is truly satisfied. This helps you avoid overeating and discomfort.

Source: Ingrid Adams, Associate Extension Professor

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## Tips for Mindful Eating

- Eat only when you are hungry. It is easy to think that we have to eat because it is a certain time of day, but don't allow the clock determine the time to eat rather than hunger.
- Try not to wait until you are famished. Although it's a good idea to wait until you are hungry, waiting too long increases your chances of overeating.
- Avoid distractions. Eating in front of the television or using your phone during a meal can keep you from giving your full attention to your food.
- Have meals at the table with your family or friends.
- Use table settings, decorations and centerpieces to create an appealing environment.
- Take time to appreciate the sight and aroma of your food before eating. This is also a good time to express thankfulness for the meal.
- Take small bites and chew properly so that you can appreciate the taste and texture of your food.
- Take time to savor each bite. Eating slowly gives your body time to recognize that it is full without overeating.

Source: Ingrid Adams, Associate Extension Professor

## Skillet Pasta Dinner



### Ingredients

- 1/2 pound ground turkey, 85% lean (or sausage or beef)
- 1 medium onion, chopped
- 2 garlic cloves, minced (approximately 1 teaspoon)
- 1 can tomato sauce (8 ounce)
- 1 cup water
- 8 ounces uncooked tube pasta (ziti, penne, or macaroni)
- 2 cups of your favorite fresh or frozen vegetables

### Directions

1. Brown the ground meat, onion, and garlic in a skillet or heavy saucepan. Drain off any grease.
2. Add the tomatoes, tomato sauce, water, and uncooked pasta.
3. Cover and simmer for 10 minutes.
4. Add the fresh or frozen vegetables, stir and continue cooking until the pasta and vegetables are tender (about 10 more minutes).

### Makes 6 servings

Source: U.S. Department of Agriculture. MyPlate.gov Website. Washington, DC. Skillet Pasta Dinner.  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/skillet-pasta-dinner>. Accessed January 31, 2023.

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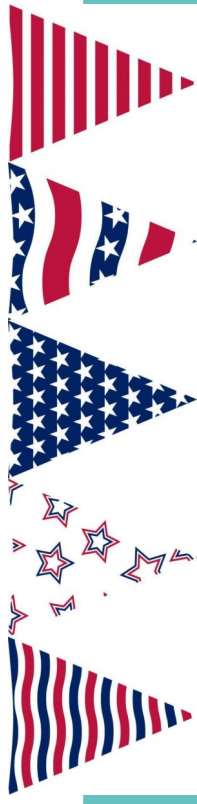
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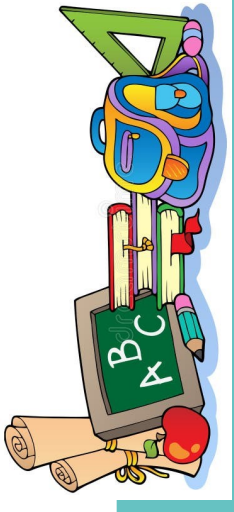
# July 2023



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 WCEO CLOSED 	5	6	7 Annual Day 10:30am	8 Stitchers 11am
9	10 Sandhill 6pm	11 Cross Country 10am Woodburn 10am Briarwood 12pm	12	13 Oakland 6pm	14	15
16	17	18 Hays 10:30am	19	20 Eastside 10:30am Jack & Jill 6pm	21	22
23	24	25	26	27 Oakview 10am	28	29
30	31					



# August 2023



SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
	Club Officer Training 10am					No Meetings - Picnic Month

Transfer Day/  
POW 9:30am

WC Cultural  
Arts 9am

Executive Board  
Mtg @ 9am  
Advisory Council  
Mtg @ 10am

September Lesson  
10am

No Meetings -  
Picnic Month