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

FCS Newsletter
May-June

KEHA Meeting in Louisville- May 9th – 11th

Quilt Guild- May 9th @ 10:00 a.m.

Homemakers- May 18th @ 12:00 p.m.

Knox Threads- May 22nd @ 10:00 a.m.

Roll Making - May 25th @ 1:00 p.m.

Laugh and Learn- May 30th @ 6:00 p.m.

Cooking Through the Calendar- June 5th @1:00 p.m.

Quilting Program with Hazel Jackson- June 1st and 8th @ 10:00a.m. - 3:00 p.m.

Mountain Quilt fest Trip- June 6th @ 7:30a.m. (Must call the office to sign up)

Canning and Food Preservation Session 1- June ~~2nd~~ 21st @ 3:00 p.m. - 6:00p.m.

Please sign up for all programs by calling the office at @ (606)-546-3447.

Agent for Family & Consumer Sciences

Ashley Minard
Program assistant

COOPERATIVE EXTENSION

University of Kentucky
College of Agriculture, Food and Environment

LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?

BINGOcize®

JOIN THE FUN!

FUN and EXERCISE

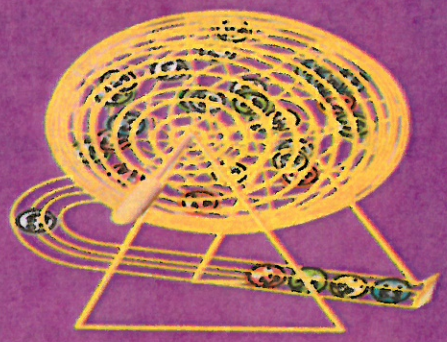
WHERE:
Knox County Cooperative Extension Office

WHEN: 11:00 a.m.
April 11th & 13th
April 18th & 20th
April 25th & 27th
May 2nd & 4th
May 16th & 18th
May [illegible]nd & 25th

TRY BINGOCIZE®!

Bingo + Exercise = BINGOCIZE®

BINGOCIZE® is a 6-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls



Please sign up by calling the extension office @ (606)-546-3447!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

University of Kentucky
College of Agriculture, Food and Environment

Laugh and Learn

Come laugh and learn with your 3- to 5-year-old child(ren) at the Knox County Extension Office located at 215 Treuhaft Boulevard, Suite 7 Barbourville KY, 40906

We will be offering a FREE one-hour Laugh and Learn Playdate every month for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. Be sure to sign up and mark your calendars with the following dates so you and your child(ren) can together build the skills they will need to best prepare them for school.

When: April 27th @ 6:00 p.m.

Theme: Rainbows

And

When: May 30th @ 6:00 p.m.

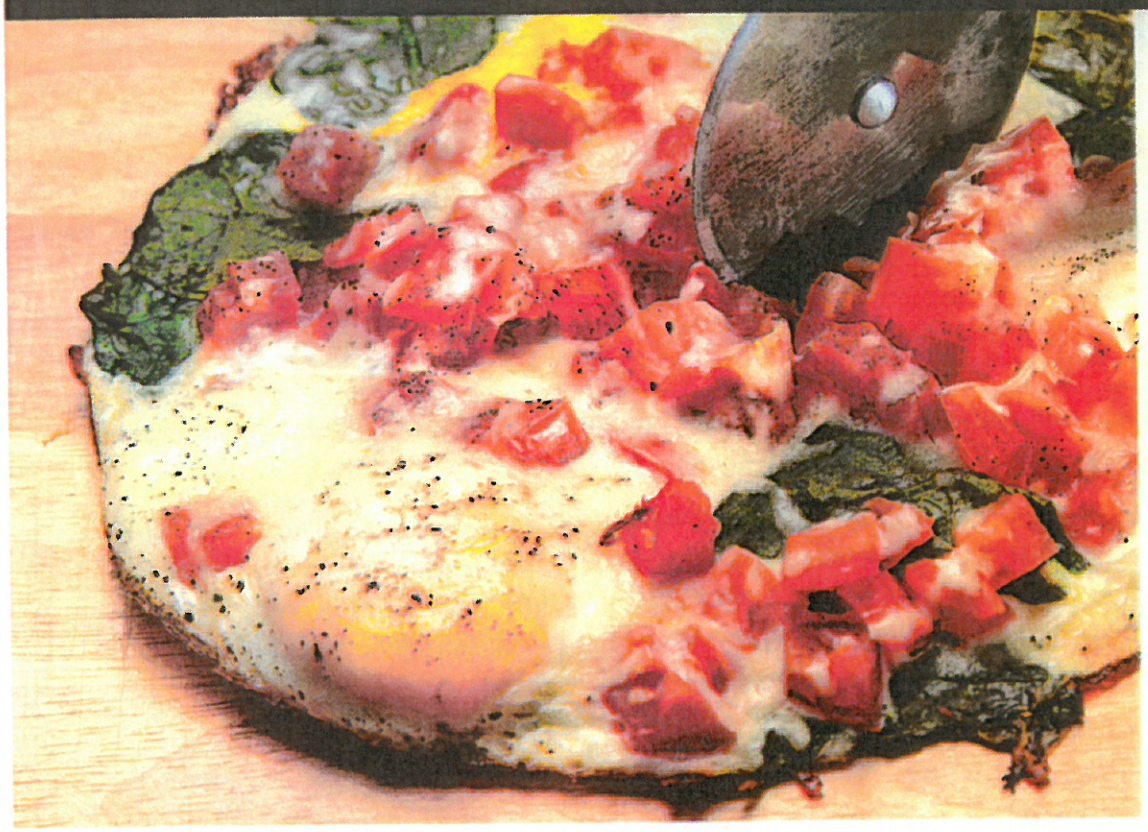
Theme: spring

Please sign up by calling the Knox County Extension Office @ 606-546-3447.

Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR

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

Easy Tortilla Breakfast Pizza



USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

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

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Makes 3 servings
Serving size: 1/3 of pizza
Cost per recipe: $3.25
Cost per serving: $1.08

Nutrition facts per serving:
140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:
Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

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

ADULT HEALTH BULLETIN

MAY 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: **http://fcs-hes.ca.uky.edu/content/health-bulletins**

Knox County Cooperative Extension Office
215 Trehaft Blvd, Suite 7
Barbourville, KY
40906
(606) 546-3447

THIS MONTH'S TOPIC:

GARDENING SAFELY

The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page

Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.

- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:
https://www.assh.org/handcare/safety/gardening

ADULT
HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: 123RF.com

Strawberry Salsa

1 tablespoon olive oil

2 tablespoons white vinegar or white balsamic vinegar

½ teaspoon salt

2 cups, coarsely chopped fresh strawberries

8 green onions, chopped

2 cups chopped cherry or grape tomatoes

½ cup chopped fresh cilantro

1. **Whisk** olive oil, vinegar, and salt in large bowl.
2. **Add** strawberries, green onions, tomatoes, and cilantro. Toss to coat.
3. **Cover** and chill for 1 hour.
4. Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.

Nutrition Analysis: *40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.*

Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand

Kentucky Strawberries

SEASON: May through June

NUTRITION FACTS: Strawberries are low in calories and high in nutrients. One cup strawberries contain 55 calories. Strawberries are a great source of vitamin C. They also contain vitamin A, iron, fiber, and folic acid. Folic Acid is especially important for childbearing women. When consumed in adequate amounts, it has been proven to prevent certain birth defects.

SELECTION: Choose fully ripened, bright red berries. Strawberries do not ripen after they have been picked. Berries should be plump and have a natural shine with bright green, fresh looking caps. Use strawberries as soon after picking as possible for the best flavor and highest nutritional value.

STORAGE: Store strawberries in the refrigerator, covered, unwashed, with the caps on. Do not crowd. If you have the space, gently spread the berries on a cookie sheet and cover with plastic wrap. Use berries within 2 to 3 days.

HANDLING: Handle strawberries gently. Never remove the caps before washing. The cap prevents water from soaking into the berry, which lessens the flavor and changes the texture. To wash, cover berries in cold water and lift gently out of the water to drain. Dry by placing berries in a single layer on paper towels.

After washing, remove the caps if necessary. Give the cap a gentle twist or use the point of a sharp paring knife or pointed spoon.

Pat berries dry with paper towels before serving whole or sliced, fresh or cooked.

STRAWBERRIES
Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Nutrition and Food Science students
March 2011

COOPERATIVE EXTENSION SERVICE
UK UNIVERSITY OF KENTUCKY
College of Agriculture, Food and Environment

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

Knox County Cooperative Extension Service
215 Treuhaft Blvd., Suite 7
Barbourville, KY 40906

RETURN SERVICE REQUESTED

PRESORTED
STANDARD
US POSTAGE PAID
BARBOURVILLE, KY
PERMIT # 33