

August 2025

# Building Strong Families in Scott County

This month...



**Martin-Gatton**  
College of Agriculture,  
Food and Environment

**Scott County**  
**Cooperative Extension Service**  
**1130 Cincinnati Road**  
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**scott.ext@uky.edu**



**Safe Canning**



**Fresh Corn Salad**



**Homemaker Pink & Green Sheets**

## FCS Today

### PRACTICE SAFE CANNING PRACTICES THIS SUMMER

*Source: Annhall Norris, 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

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Sincerely,

*Alivia Stevens*

**Alivia Stevens**  
Scott County Extension  
Agent for Family and  
Consumer Sciences



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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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Disabilities  
accommodated  
with prior notification.

# SAFE *Canning* PRACTICES

*Continued from Page 1*

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 Scott County Cooperative Extension Service.



# Upcoming Dates to Remember

## August 2025

7<sup>th</sup>: Homemaker Council Meeting/Planning for Officer Training @ 9:00 AM

14<sup>th</sup>: Savor the Flavor for your Health @ 10:00 AM

19<sup>th</sup>: Homemaker Training/Opening Day @ 10:00 AM

19<sup>th</sup>: Elkhorn Creek Quilt Guild Meeting @ 6:00 PM

21<sup>st</sup>: Needlework Club @ 1:00 PM

21<sup>st</sup>: Trip to the State Fair @ Leaving 9:30 AM

27<sup>th</sup>: Food Preservation Workshop Day 1 @ 10:00 AM

28<sup>th</sup>: Food Preservation Workshop Day 2 @ 10:00 AM

Sept. 1<sup>st</sup>: OFFICE CLOSED

*Best of the Bluegrass*

**Save the Date**

*Bluegrass Area Extension  
Homemakers Annual Meeting*

**Friday, October 17<sup>th</sup>**  
At the Scott County Extension Office

Scott County Extension  
Homemakers

### Fresh Corn Salad

**5 ears** of fresh corn

**½ cup** diced red onion

**3 tablespoons** cider vinegar

**3 tablespoons** olive oil

**½ teaspoon** salt

**½ teaspoon** black pepper

**½ cup** freshly chopped basil

**Shuck** and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.

**Toss** the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

**Chill** to allow flavors to blend. Just before serving, add fresh basil.

**Yield:** 10, ½ cup servings.

**Nutritional Analysis:** 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

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



### THIS MONTH'S Recipe

**Health Bulletins**  
Scan here to read full issues!



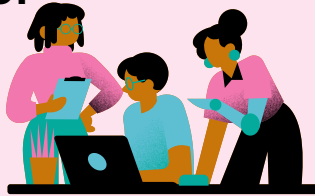
# THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



## Homemaker Council Meeting/Planning for Officer Training

Aug. 7<sup>th</sup> @ 9:00 AM



## Homemaker Leader Lesson: Laughter is a Must in Marriage

September 5<sup>th</sup> @ 10:00 AM



## Savor the Flavor

Herbs, Oils, and Vinegars

Join us as we discuss enhancing the flavor  
of food in a more nutrient dense way!

*Samples will be provided.*

August 14<sup>th</sup> @ 10:00 AM

At the Scott County Extension Office

Must Sign up to Participate.

To sign up call: (502) 863-0984

*Space is Limited*



## Adult Quilt Class

First Class September 11<sup>th</sup>  
at 5:00 PM

Benninger and Experienced  
Quilters Welcome!

To sign up call: (502) 863-0984

*More information provided at first meeting!*



# Preorder Now!

Scott County Homemaker  
Holiday Cookbook

Reprint from 1973

**\$10.00**

Preorder now - pay when  
you pick up

To preorder call  
(502) 863-0984



Our office will be  
Closed on Monday,  
September 1<sup>st</sup>



# THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -

## Scott County Homemaker State Fair Trip

Spend the day with fellow homemakers at the Kentucky State Fair!

*Note: This trip will require some walking, please wear comfortable shoes.*



Meet at the Scott County Extension Office

**Van Leaves at 9:30 AM**

Must Sign Up to Participate

To sign up call: (502) 863-0984

*Space is Limited*



## Scott County Homemaker Officer & Chair Training Day

***Discover the hidden treasure of KEHA!***

Join us to learn the basics of each office and chair position while diving into leadership development.

August 19<sup>th</sup>

10:00 AM - 2:00 PM

At the Scott County Extension Office

***Lunch will be Provided***

Must Sign Up to Participate (Needed to order Lunch)

To sign up call: (502) 863-0984



## Food Preservation Workshop

Join us to learn the basics of Food Preservation!

August 27<sup>th</sup> and 28<sup>th</sup>

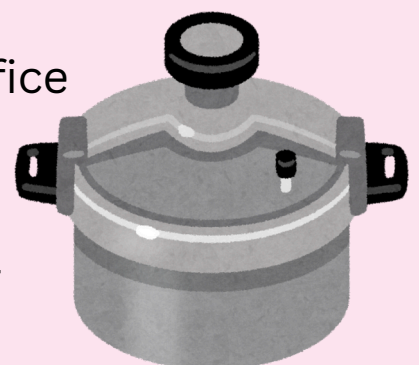
10:00 AM - 2:00 PM

At the Scott County Extension Office

Must Sign Up to Participate

To sign up call: (502) 863-0984

*Space is Limited*



## PINK SHEET

Please fill in all information requested even if you have the same Officers as last year. If you do not have Chairs for any subject, write **NONE**. **Please return this to the Scott County Extension Office, 1130 Cincinnati Road, Georgetown, KY 40324 by September 30, 2025**

**PLEASE KEEP A COPY FOR YOUR FILES!**

It is the responsibility of the current President to obtain this information and mail or drop off this form.

**NAME OF CLUB** \_\_\_\_\_

Club Officers:

	Name	Phone Number	Email Address
President			
Vice-President			
Secretary			
Treasurer			

Club Chairs:

	Name	Phone Number	Email Address
Cultural Arts & Heritage			
Environment, Housing, & Energy			
Family & Individual Development			
Food, Nutrition, & Health			
4-H Youth Development			
International			
Leadership Development			
Management & Safety			



# GREEN SHEET

**Important Note:** Every effort will be made to keep all dates and times as listed on this form. However, emergencies happen, in these rare cases leader lesson dates and times may be subject to change. All of the most up-to-date information on all Homemaker Leader Lessons can be found in the Scott County Family and Consumer Sciences Newsletter.  
Please keep a copy for your files!

## Lesson Leaders for 2025-2026

Club Name: \_\_\_\_\_

Please complete and return it to the Scott County Cooperative Extension Office by **September 30, 2025**. It is requested to have at least one member from each club to attend the training and then lead the lesson the following month at the club meeting. However, everyone is welcome (and encouraged) to attend all trainings. The lessons will be taught at the Scott County Extension Office, unless it is a Mail Out Lesson.

Lesson 1	Leaders' Name, Phone Number, and Email
<i>Laughter is a Must in Marriage</i>	
September 5 <sup>th</sup> at 10:00 AM	
<b>Lesson 2</b>	
<i>Blackstone Grilling</i>	
October 3 <sup>rd</sup> at 10:00 AM	
<b>Lesson 3</b>	
<i>Stretching Your Dollar</i>	
November 3 <sup>rd</sup> at 10:00 AM	
<b>Lesson 4</b>	
<i>Yoga Try This</i>	
December 9 <sup>th</sup> 10:00 AM	
<b>Lesson 5</b>	
<i>Mastering Mindfulness</i>	
If snow prevents program, MAIL OUT or January 6 <sup>th</sup> at 10:00 AM	
<b>Lesson 6</b>	
<i>Building a Better Bowl</i>	
February 6 <sup>th</sup> at 10:00 AM	
<b>Lesson 7</b>	
<i>Mental Health Matters</i>	
March 3 <sup>rd</sup> at 10:00 AM	
<b>Lesson 8</b>	
<i>The Big Freeze</i>	
April 7 <sup>th</sup> at 10:00 AM	

Lesson descriptions on back of page →

## ***Laughter is a Must in Marriage***

Did you know laughter serves as a powerful tool for building and maintaining a healthy, happy marriage? It cultivates a positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short- and long-term benefits of laughter, explore what keeps you from laughing with your spouse, and share ways to increase laughter in your relationship.

## ***Blackstone Grilling***

Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!

## ***Stretching Your Dollar***

Making ends meet" is getting harder in today's economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

## ***Yoga Try This***

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

## ***Mastering Mindfulness***

Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.

## ***Building a Better Bowl***

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? Building a Better Bowl serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

## ***Mental Health Matters***

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

## ***The Big Freeze***

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.