

July 2025

Building Strong Families in Scott County



Martin-Gatton
College of Agriculture,
Food and Environment

Scott County
Cooperative Extension Service
1130 Cincinnati Road
Georgetown, KY 40324-8931
Phone: (502) 863-0984
scott.ext@uky.edu

This month...



Grill Safety



Dijon Chicken Asparagus Roll Ups



Scrap Buster Class

FCS Today

GRILLING SAFETY AND NUTRITION REMINDERS

Source: Annhall Norris, extension specialist

The scent of charcoal and delicious meats and marinades cooking on the grill are sure signs of summertime. As we spend more time cooking outdoors, it is important that we also remember food safety and nutrition.

Food safety ensures that food is prepared and cooked in a way that kills harmful bacteria that cause foodborne illness. Many grilling food safety practices are the same as with indoor food preparation.

Wash your hands for at least 20 seconds with soap and warm water before and after handling all food.

Continued on Page 2

Sincerely,

Alivia Stevens

Alivia Stevens
Scott County Extension
Agent for Family and
Consumer Sciences



Inside:

Grill Safety • P1-P2

Monthly Recipe • P3

Things to Know • P4

Spilling the Tea about Tea • P5

Scrap Buster Class • P6

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

THRILL *of the* GRILL

Continued from Page 1

Do not cross-contaminate raw and cooked foods. Wash cutting boards, utensils and dishes before preparing each new item and always use a clean platter when removing foods from the grill. Safely defrost frozen foods in the refrigerator, microwave or in cold water. Never thaw food at room temperature. If your recipe requires you to marinate your food, do so in the refrigerator. Make enough marinade to divide between raw meats and the sauce. Do not reuse marinade that was placed on raw meats as a sauce on cooked foods. Juices from raw meats can contaminate cooked food.

When grilling, use a meat thermometer to make sure the meat is cooked to a high enough temperature to kill any bacteria. Cook ground meats, including beef, pork, lamb and veal, to an internal temperature of 160 degrees F. Other cuts of these meats, including steaks, roasts and chops, need to reach 145 degrees F after a 3-minute rest period. Grill all chicken and poultry to an internal temperature of 165 degrees F. Without using a meat thermometer, you may be tricked into thinking a meat is cooked before it actually reaches a safe temperature, because the outside of meat browns quickly on the grill. All grilled meats need to maintain a temperature of 140 degrees F before serving. Accomplish this by keeping meat on the side of the grill away from direct heat or placing it in an oven warmed to 200 degrees F.

While meats are the first foods that often come to mind when we talk about grilling, they are not the only foods that are tasty when cooked on the grill. You can grill a lot of fruits and vegetables. Peaches, pears, pineapples, bananas, apples and melons grill well. Select firm fruit that is not too ripe. Over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill.

Place firm vegetables like corn on the cob, asparagus and eggplant directly on your grill's cooking grid. Brush with olive oil and season with fresh herbs. Frequently turn vegetables to keep them from burning. Wrap smaller or chopped vegetables, along with a little oil and seasoning, in aluminum foil before grilling.

Cooked food should not set outside for more than two hours. If it is warmer than 90 degrees F, then food should not set out for more than one hour.

More information about nutrition and food safety is available at the Scott County office of the University of Kentucky Cooperative Extension Service.



Upcoming Dates to Remember

July 2025

4th: OFFICE CLOSED

7th: Planning Meeting for Bluegrass Area
@ 10:00 AM

15th: Elkhorn Creek Quilt Guild Picnic
Meeting @ 6:00 PM

17th: Needlework Club @ 1:00 PM

29th: Upcycling: Scrap Buster Class Sun
Flower @ 10: 00 AM

August 7th: Homemaker Council Meeting
@ 10:00 AM

**ENJOY THE
SUMMER**

Homemakers, have a great summer break!
We will see you for the 2025-2026 program
year kick off on August 19th!

Spilling the Tea about Tea

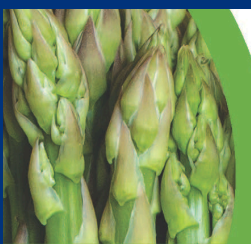
Anna Cason, RD, LD
Senior Extension Associate

Tea is the second most consumed beverage in the world after water. It is made from steeping dried parts of a plant in water. True tea uses leaves from the tea plant, *Camellia sinensis*. Tea drinking dates back thousands of years originating in China. The practice of drinking tea spread Westward and, eventually, tea seeds were brought to North America.

Camellia sinensis is an evergreen shrub or small tree. Leaves are typically harvested in early spring when they begin to emerge. Green, black, white, and oolong teas all come from this tea plant. The type of tea is determined by the age and processing of the tea leaves, which includes drying and fermenting. These teas are often praised for their health benefits.



Continued on page 5



Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons dried thyme	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	2 teaspoons black pepper	(about 5 ounces each)
1 lemon, juiced (approximately 3 tablespoons)	½ teaspoon salt	4 slices skimmed mozzarella cheese
	16 spears fresh asparagus, trimmed	1 cup panko bread crumbs

Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high.
Yield: 4 servings
Nutritional Analysis:
370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.



Health Bulletins
Scan here to read full issues!



THINGS TO KNOW

- ANNOUNCEMENTS - UPCOMING EVENTS - SAVE THE DATES -



Pink and Green Sheets

Pink and Green Sheets will be available in the August Newsletters. If you would like to save the 2025 lesson dates they are as follows: Sept. 5th, Oct. 3rd, Nov. 3rd, and Dec. 9th

Hello Everyone!

I'm so excited to kick off a brand-new Homemaker year this August, full of lessons, laughter, and meaningful community service! Our year will officially begin with a training on August 19th, and we'd love for everyone to join, new faces and returning members are all welcome. More information on this training will be provided in the August Newsletter; it's going to be a great start to another fulfilling year together. Just a heads-up, I'll be out for a couple of weeks this month as I'll be away on my honeymoon in Ireland, but I can't wait to come back and jump into the year, starting with our scrap busters class on July 29th.

See you soon!

Alivia Stevens

IRELAND

Adult Quilt Class

First Class September 11th
at 5:00 PM

Benninger and Experienced
Quilters Welcome!

To sign up call: (502) 863-0984

More information to come!



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
Friday, July 4th**

Let's Spill the Tea on Tea

Continued from page 3

Benefits of Tea Consumption

The medicinal use of tea dates back thousands of years. Research has shown that regularly drinking tea is linked to health benefits including reducing the risk of cancer, heart disease, and diabetes. This is primarily because of the antioxidant properties of the tea leaves. Flavonoids are the type of antioxidant found in tea. Other terms for these compounds include tannins, polyphenols, and catechins. They help protect us from potentially harmful molecules in our bodies that may lead to chronic health issues. Drinking tea on a regular basis is linked to many health benefits, but more research is needed to understand how much tea consumption leads to these benefits.

Tea Choices

The processing of the leaves of the tea plant determines the type of tea. While they all come from the same plant, there are differences in their flavor, caffeine content, and how they are used.

Black tea is made from larger older tea leaves that have been dried and fermented. Black tea has an intense bold flavor. Common black teas include Earl Grey, English Breakfast, and Orange Pekoe. In the Southern United States, black tea is often served over ice and may be sweetened with sugar.

Green tea has minimal processing resulting in its delicate flavor and light green color. It is made from smaller young leaves and leaf buds from the tea plant. Green tea has been found to have more

antioxidants than black and oolong teas. Matcha is a kind of green tea made of ground up tea leaves.

Oolong tea (red tea) is also made from the older and larger leaves but is briefly fermented, giving it a lighter, fruitier flavor. It contains caffeine, but a lower amount compared to black tea and green tea.

White tea is the mildest tea in terms of taste and caffeine content. It is the least processed tea and is made from the buds of the tea plant.



Types of Tea

Tea often comes as loose leaves or in pre-packed tea bags. Loose-leaf teas consist of whole or larger pieces of tea leaves. Minimal processing and larger leaf size allow for a higher concentration of the beneficial components found in tea. Bagged teas consist of ground tea leaves. The processing of these tea leaves may reduce the polyphenol content. Additionally, the tea bags may absorb some of the beneficial components reducing the number of polyphenols in your cup.

Bagged teas often come at a lower price on the shelf; however, you may be paying for less tea overall. Bagged varieties often offer individual servings. Loose leaf requires the additional step of separating the tea into servings and may require additional equipment. However, loose-leaf teas may provide more servings than the equivalent bagged option. Consider these factors when comparing price points.

Caffeine Considerations

Typically, tea contains about half as much caffeine as a cup of coffee or less, but the amount depends on the type of tea. Too much caffeine can disrupt your sleep and may lead to nausea, abdominal issues, and muscle pain. Some health conditions, including anxiety, pregnancy, or lactation, may need you to monitor or limit caffeine intake. Additionally, caffeine may interact with some medications. Discuss possible interactions between caffeine and prescription medications with your health-care provider or pharmacist.

Herbal Teas

Herbal teas are not made from *Camellia sinensis* and do not necessarily provide the same nutrients. Herbal teas are made from roots, leaves, flowers, and other parts of plants. The compounds provided from herbal teas depend on the type of plant used to make the drink. Herbal teas do not contain caffeine and are often consumed for their calming benefits in addition to their therapeutic claims. Some common herbal teas and their health claims are listed below.

- **Chamomile tea** may improve sleep quality.
- **Peppermint tea** may help with an upset stomach or aid in digestion.
- **Ginger tea** may reduce mild nausea.

Tea can be an additional source of antioxidants in a balanced diet and provide hydration. You can enjoy it hot, plain, or with some milk. You can also serve it chilled as a refreshing pick-me-up. Consider what else is going into your tea. Sweetened and flavored teas often contain added sugars. Enjoyed for thousands of years, tea has a delicious taste, and its potential health benefits make this drink even more satisfying.

References

- D'Auria, J. C., Cohen, S. P., Leung, J., Glockzin, K., Glockzin, K. M., Gervay-Hague, J., Zhang, D., & Meinhardt, L. W. (2022). United States tea: A synopsis of ongoing tea research and solutions to United States tea production issues. *Frontiers in plant science*, 13, 934651. <https://doi.org/10.3389/fpls.2022.934651>
- 41:1, 65-93, DOI: 10.1080/07315724.2020.1827082
- Camellia sinensis. (n.d.). Retrieved from <https://plants.ces.ncsu.edu/plants/camellia-sinensis/>
- Chang, S.-M., & Chen, C.-H. (2015). Effects of an intervention with drinking chamomile tea on sleep quality and depression in sleep disturbed postnatal women: a randomized controlled trial. *Journal of Advanced Nursing*, 72(2), 306–315. <https://doi.org/10.1111/jan.12836>
- Dietary Supplements: Herbals and Botanicals - 9.370. (2023). Retrieved from <https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/dietary-supplements-herbals-and-botanicals-9-370/>
- Farooq S., Sehgal A. (2018). Antioxidant Activity of Different Forms of Green Tea: Loose Leaf, Bagged and Matcha. *Curr Res Nutr Food Sci* 2018;6(1). doi : <http://dx.doi.org/10.12944/CRNFSJ.6.1.04>
- Gordon, B. (2022). "The Health Benefits of Tea." www.eatright.org, 2 Nov. 2022, www.eatright.org/health/wellness/healthful-habits/the-health-benefits-of-tea.
- Khan, N., & Mukhtar, H. (2018). Tea Polyphenols in Promotion of Human Health. *Nutrients*, 11(1), 39. <https://doi.org/10.3390/nu11010039>
- manta, S. (2022). Potential Bioactive Components and Health Promotional Benefits of Tea (*Camellia sinensis*), *Journal of the American Nutrition Association*. <https://doi.org/10.1080/07315724.2020.1827082>
- ams R., Oldfield E. C., Copare J., Johnson D. A. (2015). Peppermint Oil: Clinical Uses in the Treatment of Gastrointestinal Diseases. *JSM Gastroenterol Hepatol* 3(1): 1036.
- ahrajabian, M. H., Sun, W., & Cheng, Q. (2019). Clinical aspects and health benefits of ginger (*Zingiber officinale*) in both traditional Chinese medicine and modern industry, *Acta Agriculturae Scandinavica, Section B — Soil & Plant Science*, 69:6, 546-556, DOI: 10.1080/09064710.2019.1606930





Martin-Gatton
College of Agriculture,
Food and Environment

Scrap Buster Class

Upcycle your scraps and leave with a flower shaped wreath!

Bring your scrap fabric and create a summer wreath for your door.

Wreath rings will be provided to all participants and a limited amount of scrap fabric will be available. You are also encouraged to bring your own scraps from home. You are also welcome to bring your own embellishments (buttons, ribbons, etc.) too.

We will also discuss ideas for upcycling and how to prevent more textiles from entering out landfills.



Results will vary, this photo is just an example, your final product will look different.

**At the Scott County
Extension Office**

July 29th at 10:00 AM

Space is limited and you **must** call to register.

To sign up call: (502) 863-0984

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.