

June 2025 FCS Newsletter



VOL. 2025-06

Cooperative Extension Service

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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison

Nutrition Education Program Assistant

June 2025

Nutrition

Education

Program

Rice and Bean Salad



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

Prep time: 10-15 minutes

Cook time: 20 minutes

Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings
Serving size: 1 1/2 cup
Cost per recipe: \$14.01
Cost per serving: \$2.00

Nutrition facts per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

Source:

Jeannie Noble, RD,
Extension Specialist for
Nutrition, University of
Kentucky Cooperative
Extension Service



Banana Pancakes



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

Prep time: 10 minutes

Cook time: 20 minutes

- 2 large very ripe bananas
- 1 cup low-fat milk
- 2 tablespoons packed light brown sugar
- 1 1/2 tablespoons vanilla extract
- 1 1/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 cup chopped pecans or walnuts (optional)
- Nonstick cooking spray

Optional Topping

- Nonfat light vanilla yogurt
- Peanut butter
- Sliced bananas
- Cinnamon

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat a skillet or griddle on the stove over medium-low heat.
3. In a medium bowl, mash the very ripe bananas using a fork or masher. Stir in the milk, brown sugar, and vanilla extract. Mix until combined.

4. Add the flour, baking powder, salt, and cinnamon. Mix just until the batter is moistened with no dry spots remaining. Batter will be lumpy. Fold in nuts if using.
5. Spray the heated skillet or griddle with nonstick cooking spray. Drop about a 1/4 cup of the batter into sections of the pan and spread out each into a 4-inch round.
6. Cook pancakes until bubbles form on top and the edges start to brown, about 6 to 8 minutes. Flip and continue cooking until the bottoms of the pancakes are golden brown and easily release from the pan, about 3 to 4 minutes more.
7. Transfer the pancakes to a warm plate. Repeat, cooking the remaining batter.
8. To serve, stack 2 pancakes on a plate and top with desired toppings. Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 8 servings

Serving size: 2 pancakes

Cost per recipe: \$9.03

Cost per serving: \$1.13

Nutrition facts per serving:

140 calories; 0.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 85mg sodium; 29g total carbohydrate; 2g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum; and Bethany Pratt, Extension Specialist for Food Systems, University of Kentucky Cooperative Extension



Extension Homemaker Club Meetings 2025



Busy Bees - June 5th @ 1:00 p.m. - Downstairs Meeting Room
Country Charmers - June 5th @ 5:30 p.m. - Downstairs Meeting Room
Sunnybrook - June 5th @ 6:30 p.m. - Downstairs Meeting Room
Pots & Pans - No Meeting in June, July, & August
Charity - June 10th @ 5:00 p.m. - New Charity Baptist Church
Crafter's Anonymous - June 11th @ 1:30 p.m. - Downstairs Meeting Room
Odds 'N Ends - No Meeting in June, July, & August
Creative Characters - June 17th @ 12:30 p.m. - Downstairs Meeting Room
Happy Chippers - June 20th @ 12:30 p.m. - Downstairs Meeting Room
Mudslingers - June 23rd - Assigned Appointments Only-Contact Seth Hart
Mudslingers - June 24th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



**KEHA ~ Roll Call & Thought for the Day
June 2025**



Thought for the Day:

**"Ah, but he calls them every night
And he tells them that he loves them"**

Roll On (Eighteen Wheeler)

Alabama 1984

Roll Call: In June, we celebrate fathers.

Share a favorite memory with your father.

NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.



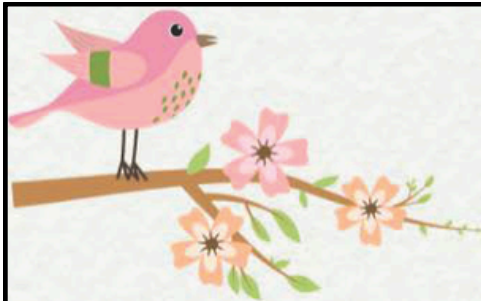
Blood Drive!

June 24, 2025

Aspire Center

Busy Bees ~ 12:30-3:00 p.m.

Crafter's Anonymous ~ 3:00-5:30 p.m.



JUNE SCHEDULE



JUNE 4 - 9:30 AM Jellies Class (Boiling Water Canning) - Upstairs Meeting Room

JUNE 12 - 5:30 PM **Wayne Co. Homemaker Annual Meeting Planning Committee Meeting - Upstairs Meeting Room**

JUNE 19 Juneteenth Holiday - Office Closed

JUNE 20 - 10:00 AM In-Stitches Quilt Class - Wish Upon a Star - Downstairs Meeting Room

JUNE 24 - 9:30 AM Summer Squash Freezing Class - Upstairs Meeting Room

JUNE 26 - 4-8 PM Let's Get This Party Started! Celebrating 75 Years Wayne County Extension Homemakers

JUNE 28 - 8:00 AM Wayne County Farmers' Market Grand Opening @ 112 Harper Dr., Monticello

JUNE 30
8:30 AM-1:00 PM 2025 Wayne County Fair EXPO Entry Day - Downstairs Meeting Room

"June is the pearl of summer, shining with warmth and joy."
~ L.M. Montgomery

Upcoming Events

JULY EVENTS

July 1 - New Extension Homemakers Program Year Begins

July 1-2 - EXPO Viewing Days - 8:00 a.m.-7:00 p.m.

July 3 - EXPO Pickup Day 8:00 a.m.-12 noon

July 4 - Office Closed - July 4th Holiday

July 14, 16, & 17 - In-Stitches Shop Hop

July 18 - In-Stitches Quilt Class (Seasonal Placemats) - 10 a.m. - Downstairs

July 22 - Sweet Corn Freezing Class - 9:30 a.m. - Upstairs

July 24 - Frisky & Lou Lou's Flower Class (Part 1) - 10 a.m. - Downstairs

July 28 - Homemakers Adventure Outing - Danville/Perryville

July 29 - Jingle All the Way & Breakfast w/Santa Planning Committee Mtg.-5:30 p.m. - Upstairs

July 30 - Salsa Class (Boiling Water Canning) - 9:30 a.m. - Upstairs

July 31 - Fellowship Gathering for Featherweight Friends - 10 a.m. - Downstairs

AUGUST EVENTS

August 1 - Homemaker Yard Sale Set-up - Downstairs

August 2 - Homemaker Yard Sale - 8 a.m.-1 p.m. - Downstairs

August 5 - Frisky & Lou Lou's Flower Class (Part II) - 10 a.m. - Downstairs

August 15 - In-Stitches Quilt Class (Sweet Dreams Quilt) - 10 a.m. - Downstairs -Special Guest Teacher Sheryl Bowling

August 18-20 - Homemaker County Executive & Officers Leadership Retreat-Hold the Date

August 22 - Featherweight Friday @ State Fair - 10 a.m.-4 p.m.

August 27 - Featherweight Class with Dave Kinnard - 10 am. or 6 p.m. - Downstairs

SEPTEMBER EVENTS

September 1 - Office Closed - Labor Day Holiday

September 8-12 - Missouri Star Quilt Retreat

September 16-18 - Master Clothing Volunteer State Training @ Cave City

September 18 - Wayne County 75th Annual Homemaker Meeting

September 19 - In-Stitches Quilt Class (Geese in the Garden) - 10 a.m. - Downstairs

September 25 - LCA Homemaker Event @ Taylor County

OCTOBER EVENTS

October 2 - Dining with Diabetes - 1 p.m. - Upstairs

October 10 - Amelia Quilt Class - Special Guest Teacher Sheryl Bowling - Downstairs

October 17 - In-Stitches Quilt Class - 10 a.m. - Downstairs

October 23 - LCA Homemaker Council Meeting @ Adair County



Wayne County Extension Homemakers 2025-2026 Program Year Membership Drive

Members who renew their membership no later than June 30, 2025, will receive a free Celebrating 75 Years Wayne County Extension Homemaker Commemorative T-shirt!! Members who recruit a NEW member by June 30th will receive an additional incentive. New members will receive a T-shirt & incentive as well! The member who recruits the MOST NEW Members will receive an additional extra special incentive!! A special incentive for the FIRST person to get in their membership and FIRST member to recruit a new member!!

This is going to be an EXCITING and ACTIVE year for Wayne County Extension Homemakers!! Don't miss out!!

Join today & recruit a new member!

Membership form and dues MUST be turned in at the same time!

Dues are \$10 for the 2025-2026 program year.




Make checks payable to the Wayne County Extension Homemakers.

Important! Please fill out BOTH sides of the form completely.

If you wish to give a membership to someone, please request a gift membership certificate.


Membership forms can be picked up at the Wayne County Extension Office.

The Wayne County Extension Office along with the Lake Cumberland District Health Department will be offering FREE food preservation classes. Participants will provide their own produce. Each day of class Farmers' Market vendors will be set up in the parking to purchase fresh produce for these classes. Contact the Extension Office for details on what to bring to the classes.


Food Preservation Workshop Series
Wayne County Extension Office

📞 606-348-8453




Jellies Class
Boiling Water Canner
June 4, 2025


Participants will provide ingredients.
All other supplies provided. Contact the Wayne County Extension Office for details. Come to one or all classes!
Free & Open to the Public
Registration REQUIRED!
Class size limited, so register soon!
All classes start at 9:30 a.m.




Summer Squash Freezing Class
June 24, 2025



Sweet Corn Freezing Class
July 22, 2025




Cabbage Freezing Class
July 10, 2025




Salsa Class
Boiling Water Canner
July 30, 2025

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension, Lexington, KY 40546










SUMMER SQUASH FREEZING CLASS

Wayne County Extension Office
Upstairs Meeting Room
Tuesday, June 24, 2025 @ 9:30 a.m.
Class is FREE. Participants will need to bring their own summer squash. All other supplies provided. Contact the Wayne County Extension Office for more details.




Registration Required!
Spots are limited.
Please call 606-348-8453 to register.

An Equal Opportunity Organization.

CABBAGE FREEZING CLASS

Wayne County Extension Office
Upstairs Meeting Room
Thursday, July 10, 2025 @ 9:30 a.m.
Class is FREE. Participants will need to bring their own cabbage. All other supplies provided. Contact the Wayne County Extension Office for more details.



Registration Required!
Spots are limited.
Please call 606-348-8453 to register.

An Equal Opportunity Organization.





SWEET CORN FREEZING CLASS

Wayne County Extension Office
Upstairs Meeting Room
Tuesday, July 22, 2025 @ 9:30 a.m.
Class is FREE. Participants will need to bring 2 dozen ears of sweet corn. We will learn to freeze corn on the cob and off the cob.. All other supplies provided. Contact the Wayne County Extension Office for more details.



Registration Required!
Spots are limited.
Please call 606-348-8453 to register.

An Equal Opportunity Organization.

SALSA CLASS ~ WATER BATH CANNING

Wayne County Extension Office
Upstairs Meeting Room

Wednesday, July 30, 2025 @ 9:30 a.m.

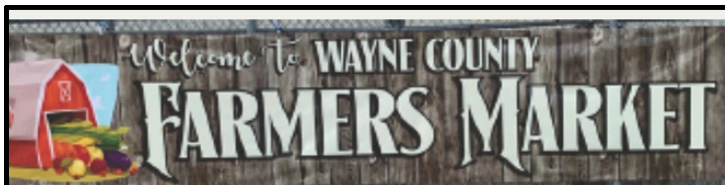
Class is FREE. Participants will need to bring tomatoes, sweet bell peppers, green onions, & jalapenos. All other supplies provided. Contact the Wayne County Extension Office for more details.



Registration Required!
Spots are limited.
Please call
606-348-8453 to register.

An Equal Opportunity Organization.

The Wayne County Extension Office will be closed on Thursday, June 19th, in observance of Juneteenth Holiday.



Farmers' Market Grand Opening
Saturday, June 28, 2025
8 am-12 noon

We will have a live broadcast from WKYM, sample tasting, recipes, and giveaways. Representatives from the Kentucky Department of Agriculture will be at the market, and we will have in season produce available to purchase.

All items are grown or produced in Wayne County!

112 Harper Dr., Monticello, KY
Behind O'Reilly Auto Parts



2025 Wayne County Fair EXPO

EXPO Catalogs are now available at the Wayne County Extension Office.



ENTRY DAY:
JUNE 30, 2025
FROM 8:30 AM - 1 PM
DOWNSTAIRS
MEETING ROOM

VIEWING DAYS:
JULY 1 & 2, 2025
FROM 8:00 AM - 7 PM
PICKUP DAY
JULY 3, 2025
FROM 8:00 AM - 12 NOON



In-Stitches Quilt Class
Friday, June 20, 2025 @ 10 a.m.
Downstairs Meeting Room



Our quilt project for this class is “Wish Upon a Star.”

Class Fee: \$5 -Pattern & \$11 - Jumbo Flying Geese Ruler (if needed).
Please contact the Wayne County Extension Office for further details
and fabric instructions for the class.



**FELLOWSHIP GATHERING FOR
FEATHERWEIGHT FRIENDS**

JULY 31, 2025 | 10 AM

DOWNSTAIRS MEETING ROOM

If you love Featherweights, bring your Featherweight and something to sew on!
We will have fun & fellowship! We will discuss whether there is enough interest
to meet on a regular basis for sewing, fun, fellowship, information, and
adventure!



“Sweet Dreams” Quilt Class

August 15, 2025 @ 10 a.m.

Downstairs Meeting Room

Class Fee: \$25

Special Feature Teacher - Sheryl Bowling

Registration is required.

Lunch will be provided.

Quilt will be on display at the Extension Office.

**Contact the Extension Office for detailed
instructions for the class.**

LET'S GET THIS PARTY STARTED!

June 26, 2025 ~ 4:00-8:00 p.m.

**Wayne County Extension Office
Downstairs Meeting Room & Outside**

Extension Homemakers and potential new homemakers: Join us for a picnic as we celebrate 75 years of Wayne County Extension Homemakers.

The county will provide grilled hamburgers, hotdogs, and buns. The Extension Office will provide drinks.

Homemakers, please bring a side dish or dessert to share. ****IF you have NOT had the safe food handling class, please bring prepackaged items such as chips, etc.**



HOMEMAKER 75TH YEAR CELEBRATION

JULY ACTIVITY~ JULY 28, 2025

EDUCATIONAL ADVENTURE TO DANVILLE/PERRYVILLE, KY

We will tour historic sites, visit places of interest, and have lunch at a local eatery!

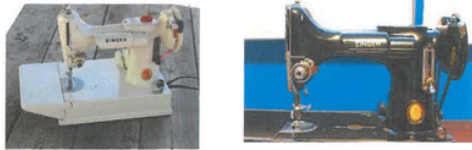
Vans will depart from the Wayne County Extension office at 8:15 a.m. prompt. Van space is limited, so register soon.

Cost: \$15.00 (Lunch is on your own and any personal shopping purchases.)



Feather Weight Workshop!

Wednesday, August 27, 2025



10 a.m. or 6 p.m.

(Please indicate which time you are attending when you register.)

Wayne County Extension Office

Downstairs Meeting Room

Registration Required: \$25

Class size limited: Registration is held when payment is received.

Make checks payable to: Wayne County Extension Office

Memo: Feather Weight Workshop

Class will be approximately two hours long.

Dave & Sue Kinnaird of Dave's Feather Weights will be our instructors for this informative workshop!

They really enjoyed their time in Monticello during the Little Mountain Quilt Show and are excited to return to teach this class!

Participants will learn all about the workings of their Feather Weight machine. This is a hands-on learning skills class set at the pace of the individual participant.

Dave & Sue will have LED light bulbs, belts, etc. available for sale, for those who need items for their Feather Weight machines.

In addition, if there is a particular Feather Weight year or style you are looking for, please let us know and we will share it forward.

We are very excited to be offering this long-awaited workshop!

Register soon for your spot!



**The Wayne County
Extension Office
will be closed on
Thursday, June 19th,
in observance of
Juneteenth Holiday.**

EXTENSION HOMEMAKERS



Wayne County
Extension Office



**CLOTHING | HOME DECOR | SHOES
ACCESSORIES & MUCH MORE!**

WAYNE COUNTY EXTENSION
OFFICE - DOWNSTAIRS

255 Rolling Hills Blvd.
Monticello, KY

**AUGUST 2, 2025
8 AM - 1 PM**

Cooperative
Extension Service

Congratulations! 2025 KEHA STATE CULTURAL ARTS WINNERS



Robbie Hall
1st Place Blue Ribbon
Best Overall Purple
Ribbon
Sewing Category
Handbag



Linda Darnell
1st Place Blue Ribbon
Ceramics Category
Ceramic Cup



Kathi Zerby-Lewis
1st Place Blue
Ribbon
3-Dimensional Art
Category
Gnome Sculpture



Polly Sartin
(2) 1st Place Blue
Ribbons
for Crochet Doily
& 1930's Snowball
Quilt

An Equal Opportunity Organization.



FRISKY & LOU LOU'S FLOWER CLASS

July 24, 2025 (Part I)
August 5, 2025 (Part II)
10:00 am ET

Class fee per day: \$45

Kit fee: \$125

Bring your own lunch.
Drinks will be provided.

This beautiful, dramatic 66"x84" quilt is offered as an all-inclusive, Ready to Sew Kit. This class has been designed with all you need to sew and have fun!

Precut Kits & Quilt Samples will be on display at the Wayne County Extension Office.

Class size is limited, so register soon!

Kit includes:

- All Precut Fabric
- All Precut Applique Interfacing
- All Precut Fusible Web
- Fully Illustrated 28 Page Pattern
- Wooden iron, turning tool, glue stick, & other bonus items.

More info:

📍 Wayne County Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633

☎ 606-348-8453

Frisky & Lou Lou's Flower

2-Day Class

Skill Level: Confident Beginner to Advanced

Class Fee Per Day: \$45

Finished Quilt Size: Approximately 66" x 84"

Class Size: Minimum 12 Maximum: 25

[Precut Kits](#) and Quilt [Samples](#) will be on display at the Wayne County Extension Office.

PAY ATTENTION! THIS IS EXTRODINARY!!

This beautiful, dramatic 66" x 84" quilt is offered as an all-inclusive, **Ready to Sew Kit**. We have carefully designed this class with **ALL** you need to sew, have fun, and **get it done**. The class fee includes two experienced instructors, Laurie Lou Hood and Vickie L. Johnson.

This amazing Kit includes:

- **ALL** needed fabric pieces **PRECUT**, including
 - Background panel **PRECUT**
 - Applique fabric **PRECUT**
 - 156 charm squares (5" x 5") **PRECUT**
 - Border Strips **PRECUT**
 - Binding **PRECUT!**
- **ALL** Applique interfacing **PRECUT** with patterns traced and **READY to SEW**
- **ALL** fusible web needed **PRECUT**
- Your full color, fully illustrated **28 page pattern**
- Your own wooden iron, turning tool, glue stick, and other bonus items for a smooth in class sewing experience

You will choose from three (3) gorgeous color options (red, blue, lavender) for your flower, border, and binding preference. You will also choose from two panel fabrics colors, black or white.

Skills to Be Taught:

1. Creating smooth turned machine appliqué using fusible interfacing.
2. Exploring the blanket stitch and other decorative appliqué stitches.
3. Fitting your finished center panel into the quilt top.
4. Achieving accuracy with seams.
5. Adding decorative surprises, i.e., Butterflies!

Kit Fee: \$125

*Fabrics in kits may vary slightly. Kit **does not** include batting or backing but does include coordinated binding.

Basic Supplies Checklist for Class:

- ___ 1. **Scrap piece of fabric 9" x 14" for practice appliqué.**
- ___ 2. **Sewing machine with manual, power cord and foot pedal.**
- ___ 3. **Open-toe or appliqué foot if you prefer decorative stitching for appliqué.**
- ___ 4. **¼" presser foot with guide.**
- ___ 5. **Thread – To coordinate with fabrics:**
 - black or white thread for background panel color
 - your chosen flower petal – red, lavender, or blue
 - golden yellow for flower center
 - grassy green for stem and leaves
- ___ 6. **Extra loaded bobbins.**
- ___ 7. **Extension cord or power strip.**
- ___ 8. **Extra machine needles in different sizes.**
- ___ 9. **Rotary mat, rotary cutter, extra blades, and rulers.**
- ___ 10. **Sewing tape measure.**
- ___ 11. **Fabric scissors, thread clippers, seam ripper.**
- ___ 12. **Straight pins and pin cushion.**
- ___ 13. **Iron and pressing mat.**

NOTE: **Prior to class,** practice decorative stitching with your machine and threads.



Seth Hart

Program Assistant
for Community Arts

Note: Class scheduled for June has been rescheduled for July.

BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



Tuesday,
July 08
5:00 - 9:00 pm EST

SIZE OPTIONS

2 ft x 2 ft ... **\$35.00**

4 ft x 4 ft ... **\$70.00**

CLASS SIZE LIMIT: 15 SPACES

ALL MATERIALS WILL BE PROVIDED

\$5.00 DISCOUNT TO
WAYNE COUNTY HOMEMAKER MEMBERS



***Deadline to
Register:***

Friday, June 20

PRE-PAYMENT REQUIRED

Due to limited spacing, our waiting list fills quickly. If you cancel, it must be one week prior to class in order to receive a refund. This will allow us adequate time to notify someone else who wants to join the workshop.

For more information, contact

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Service

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu



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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Joy McGinnis

FCS Program Assistant



Safe and Healthy Picnics

Warm sunny weather encourages outdoor activities like walking, cycling, swimming, or a friendly game of Wiffle ball. Take advantage of a local or state park and all their offerings this summer by planning a picnic with family or friends. Summer is also peak season for many fruits and vegetables. It makes sense to combine them. But bacteria can grow rapidly on food in warm weather. Keep your family and friends from getting sick by following these food safety picnic tips.

- **Have a way to wash your hands.** It's not always easy to wash your hands at a picnic. You may be in an area where restrooms or hand-washing facilities are not available. Pack extra bottled water, soap, and disposable towels for handwashing. You can use hand sanitizer or hand sanitizing wipes (these are different than disinfecting wipes used for cleaning) as a backup option if necessary.
- **Pack smart.** Take only the amount of food you'll eat. Pack small quantities of food so there is no waste of food or leftovers to worry about. You can plan a picnic with simple nutritious menus like peanut butter and jelly on whole-grain bread or crackers, fresh fruits and vegetables, yogurt-based dips, baked chips or pretzels, and mixed cheeses. Bring bottled water or try flavored or infused water to keep hydrated while outside.
- **Keep food out of the danger zone.** When traveling with food, keep cold foods cold and hot foods hot. Bacteria multiply quickly between 40 degrees F and 140 degrees F — the danger zone. Use a cooler when transporting perishable food to keep temperatures at 40 degrees or below to limit bacterial growth. This includes cut fruits and vegetables. You can use frozen water bottles, gel packs, or zipper bags of ice to keep food cold. Place the cooler inside the air-conditioned car when traveling and not in the trunk. Store it in the shade once you've arrived. Do not take hot food on a picnic unless you have a way to keep it 140 degrees F or above during transport and serving.

Safe and Healthy Picnics (Continued)

• **Separate raw from ready to eat food.** If you plan to grill during your picnic, make sure to transport raw meat in a different cooler than other foods. Bring plenty of plates and utensils so you don't place cooked meat (or other food) on the same plate that holds raw meat or its juices. Remember to bring a meat thermometer to ensure grilled food reaches the proper internal temperature. Cook beef burgers to 160 degrees F, pork chops to 145 degrees F, chicken to 165 degrees F, and hot dogs according to the package directions. Consider grilling vegetables too. You can cook them right on the grill or in a foil packet to your desired doneness.

• **Don't let food sit out.** Food should not remain at room temperature for more than two hours. Throw away any leftovers that have been sitting out for more than two hours, 1 hour if the temperature is above 90 degrees F. With a little planning, you can make your next picnic a safe and healthy outdoor event.

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist Reference: <https://www.foodsafety.gov/keep-food-safe/foodsafety-by-events-and-seasons#spring>

Healthy Recipe



Cucumber, Corn, and Bean Salsa

2-3 large cucumbers
2 tomatoes
1 yellow bell pepper
1 small red onion
¼ cup chopped fresh cilantro
½ cup black beans

½ cup fresh whole kernel corn, cooked
1 ounce package dry ranch dressing mix
⅛ cup cider vinegar
2 tablespoons sugar, optional

Wash all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

In a small bowl, mix together ranch

dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

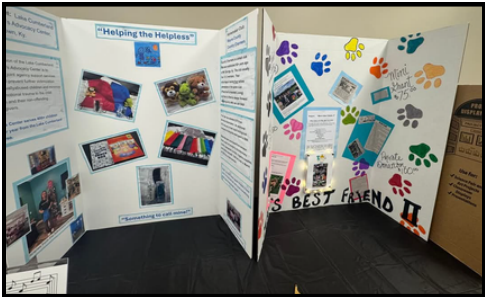
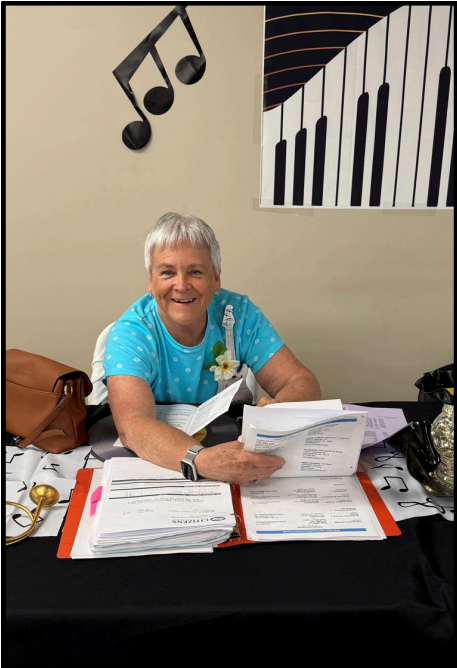
Yield: Makes 20, ½ cup servings.

Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

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



Photos from the Lake Cumberland Area Extension Homemakers Annual Meeting that was held in Clinton County in May. Theme was “Get in Tune with Homemakers.”



Wayne County Extension Homemakers attended the 2025 KEHA State Meeting at the Hyatt Regency in Lexington, KY in May.



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