

# LOGAN COUNTY

## Homemakers

May 2023

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### Upcoming Council Meeting/Officer's Training

**The Homemaker Council Meeting and Officer's Training will be held at 9:00 a.m. on Wednesday, June 7 at the Logan County Extension Office.**

*Please make plans to attend!*

All county officers, chairmen, club Presidents, and other club representatives are invited to attend. I will be distributing all new year materials for 2023-2024.

Morning refreshments will be provided.

I hope to see everyone there!



### FRYSC Clothing Drive



If you would be interested in helping with the FRYSC Clothing Drive from 2-6 p.m. on August 1, at the Logan County Extension Office, please let me know! I need a few volunteers to help check people out that day!



**Your Club President should have received copies of new enrollment forms to be completed at your June club meeting! Please make sure those are updated and returned to the Extension Office so we can update our records!**

Family & Consumer Sciences Agent for Logan County



*Rachel Hance*

Rachel Hance



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

# Homemaker Leader Trainings:

ANY CHANGES IN LEADER TRAININGS WILL BE ANNOUNCED!



## June Leader Training

"Medicine"

June 7, 2023 @ 10 a.m.

Logan County Extension Office

## Reminders:

The Logan County Extension Office will be closed June 19 for the Juneteenth holiday!

## July Leader Training

"Home Remedies"

July 5, 2023 @ 10 a.m.

Logan County Extension Office

The Logan County Extension Office will be closed July 4! Happy Independence Day!

**FOLLOW THE LOGAN COUNTY EXTENSION  
HOMEMAKERS ON FACEBOOK!**



*Mark Your Calendars!*

# 2023 LOGAN COUNTY FAIR

The Logan County Fair will be held June 17-30  
at the Logan County Extension Office.

Homemakers are welcome to enter craft projects, quilts,  
photography, baked goods and much more!

If you are interested in entering exhibits in the County Fair,  
here are some important dates to remember:

June 15 - Exhibits turned into Extension Office

June 17 - Exhibits on display

June 20 - Exhibits ready for pick-up



***For more information about what can be entered in the County Fair,  
call the Logan County Extension Office at 270-726-6323***

# Homemaker Club Meetings

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## All Seasons

President Sandra Kennedy  
270-847-7860  
Meets 3rd Tuesday @ 1PM

## Corinth

President Sharon Travis  
270-539-4604  
Meets 3rd Thursday @ 10 AM

## O & H Homemakers

President Donna Washington  
270-893-1467  
Meets 3rd Monday at 2:30 PM

## Neighbors

President Emily Hayes  
270-542-4287  
Meets 4th Monday @ 4 PM

## Sew Fun Quilting Homemakers

President Sue Jordan  
270-542-6403  
Meets 4th Saturday 9 AM—3 PM

**ATTENTION  
ALL MEMBERS  
AT LARGE  
AND ALL NEW  
MEMBERS:**

OUR CLUBS WOULD LIKE TO INVITE YOU TO ATTEND THE MEETING DAY OF YOUR CHOICE, WHICHEVER WORKS BETTER FOR YOUR BUSY SCHEDULE.

## South Union

President Judy Kirkland  
615-337-0999  
Meets 2nd Wednesday @ NOON

## HOMEMAKER HIGHLIGHT



*The O & H  
Homemakers  
Club celebrated  
Mother's Day  
with breakfast  
at Vicki's!*

If your club has participated in an outing, event, or activity that you would like to highlight in our monthly newsletter please feel free to send me information and photos!

# Extreme Heat During the Summer Months



June, July, and August bring long summer days with plenty of sunshine but also heat and humidity, with some days being dangerously hot. The Federal Emergency Management Agency (FEMA) states, “Did you know around the world extremely hot days have become more frequent and intense since the 1950s?” These extreme temperatures bring potential dangers to us all but especially to those who work outside, the very old, the very young, and pets or animals who are outdoors.

FEMA recommends the following list of ways to stay cool during hot summer months.

1. Check the forecast. Before making plans, check your local forecast to see if there’s an excessive heat advisory. An excessive heat warning is issued up to a day before extremely dangerous heat conditions start. An excessive heat watch is issued when conditions are favorable for excessive heat in the next 24 to 72 hours. A heat advisory is issued within 12 hours before dangerous heat conditions are expected.
2. Never leave pets or people in a car. Did you know when it’s only 80 degrees, your car’s interior can reach 118 degrees in just 20 minutes? Leaving anyone in a parked car on warm days is dangerous. Infants and children are especially in danger of getting heat stroke or dying.
3. Drink water. Keep yourself and your pets hydrated. Drink more fluids, regardless of how active you are. Don’t wait until you’re thirsty to drink.
4. Find air conditioning. If your home does not have air conditioning, go to a shopping mall or public library. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. While electric fans may provide comfort, when the temperature is in the high 90s, they will not prevent heat-related illness.
5. Keep your house cool. You can keep your house cooler by insulating it and covering your windows with drapes or shades. Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
6. Dress appropriately and wear sunscreen. Sunburn affects your body’s ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing loose, lightweight, light-colored clothes, a wide-brimmed hat, and sunglasses. Put on a broad-spectrum sunscreen of SPF 15 or higher 30 minutes before going outside during the day. Sunscreen wears off, so reapply every two hours and after swimming, sweating, or toweling off.
7. Avoid strenuous activities. High heat and outdoor activities don’t always mix well. Try to limit your outdoor activity to when it’s coolest: morning and evening hours. Take frequent breaks in shady areas so your body has a chance to recover.
8. Check on your family and friends. Older adults, children, and people with chronic medical conditions are at high risk from heat-related injury and death.
9. Eat light. Hot, heavy meals add heat to your body.

If you do notice any heat-related illnesses, such as heat stroke, heat cramps, and heat exhaustion, seek a cool place and immediate medical attention (as needed).

As our climate patterns become more unpredictable, take steps to be more aware of the weather to keep you and your community safe and healthy.

References - <https://www.fema.gov/blog/9-ways-stay-cool-extreme-heat>; <https://www.ready.gov/heat>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, March 2023



# Blueberry Cheesecake Bars



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

## Nutrition facts per serving:

110 calories; 5g total fat; 2.5g saturated fat; 0g trans fat; 15mg cholesterol; 95mg sodium; 14g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% 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

## Crust:

- 1 cup graham cracker crumbs (9-10 graham cracker sheets)
- 3 tablespoons unsalted butter, melted
- 3 tablespoons unsweetened applesauce

## Topping:

- 1 1/2 cups nonfat plain Greek yogurt
- 3.5 ounces cream cheese, softened
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1/3 cup sugar
- 2 tablespoons lemon juice
- 2 cups blueberries
- 1 tablespoon lemon zest (optional)

1. Preheat oven to 300 degrees F.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Mix graham cracker crumbs, melted butter, and applesauce together in a medium bowl until combined. Evenly press crust into an 8-by-8 baking pan. Using the bottom of a dry measuring cup, firmly press down on the crust to make it more compact.

4. Bake for 12 minutes. Remove from the oven and set aside.
5. Increase the oven temperature to 350 degrees F.
6. In a large bowl, combine the yogurt, softened cream cheese, cornstarch, salt, sugar, and lemon juice. Fold in the blueberries and the lemon zest (if using).
7. Carefully drop spoonfuls of the topping mixture over the cooled crust and spread to make an even layer.
8. Bake for 35 minutes, or until it does not jiggle. Remove from oven and let cool completely (about 45 minutes). For best results, refrigerate 1 hour before cutting.
9. Store in the refrigerator.

**Makes 16 servings**

**Serving size: 1 bar**

**Cost per recipe: \$7.42**

**Cost per serving: \$0.46**





## MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

### Theme Gardens

If you aren't sure where to start when planning a home vegetable garden, a theme can make things easier. There are many suggestions for themed gardens, from specific dishes like salsa, salad, or tea, to gardens from literature or art, and sensory or alphabet gardens.



### Make a Salsa Garden

A salsa themed garden is a great start for a home vegetable garden. Salsa gardens contain plants typically used in making salsa, such as:

- **TOMATOES:** Roma or Paste tomatoes are recommended; Pony Express, Plum Crimson, and Plum Regal grow well in Kentucky. San Marzano tomatoes are another recommended variety that grows well in Kentucky.
- **PEPPERS:** A number of varieties of Jalapeno, Anaheim, and habaneros grow well in Kentucky. If planting peppers with high Scoville units, like habaneros, be sure to wear gloves when handling. Bell peppers can provide some color to salsa.
- **ONIONS:** Bulb onions are best planted much earlier than then tomatoes and peppers. Green onions or scallions can be used and take less time to reach maturity, so you can get multiple harvest.



- **GARLIC:** Garlic should be planted the fall before you plan to harvest and take all season to grow. It usually won't be ready with the tomatoes and peppers, which is probably when you are going to make your salsa.
- **CILANTRO:** Cilantro is an annual herb that tends to bolt in the heat of summer, but grows well in containers and indoors.
- Other herbs can include basil, oregano, parsley and mint.

## Garden Layout

How you lay out the garden will depend on your space and the amount of room you have available, but there are a few things to keep in mind:

- Tomatoes are best started from transplants. They will need more space per plant than the other crops, 24 inches between plants or 1 plant per 9 square feet. Tomatoes will also require staking or tomato cages.
- Peppers are also best started from transplants. They should be spaced 14-18 inches apart, or 1 plant per square foot.
- Onions require only 4 inches between them, or you can plant 16 per square foot.
- Garlic should be planted 6 inches apart, about 4 plants per square foot.
- The herbs should be planted about 12 inches apart or 1 plant per square foot.
- These are great plant companions. Basil enhances the growth of both tomatoes and peppers. Tomatoes grow well with onions and garlic, in fact, garlic planted between tomatoes will keep away red spider mites. Cilantro, also known as coriander deters spider mites and aphids and the shade of the tomatoes may keep it from bolting.
- Basil also keeps flies and mosquitos away, making your garden a more pleasant space to spend time.
- Planting flowers nearby can attract pollinators and improve your harvest.

Source: "Making a Salsa Garden," Dr. Leigh Whittinghill, Assistant Professor of Urban Agriculture, Kentucky State University

## Fresh Salsa



### Ingredients

- 6 Roma tomatoes (or other seasonal varieties)
- ½ medium onion
- ¼ cup chopped cilantro
- 2 jalapenos
- ¼ cup vinegar
- 1 tsp minced garlic
- ¼ tsp chili powder
- 2-3 tsp salt
- 2 tsp sugar (optional)
- ¼- ½ lime

### Directions

1. Finely dice tomato and onion and place in medium mixing bowl. Add chopped cilantro.
2. Slice jalapenos in half to remove the seeds and the membrane that holds them. Finely
3. dice peppers and add to tomatoes and onion.
4. Add vinegar, garlic, chili powder and 2 tsp of salt and sugar. Toss well. Taste to determine if another tsp of salt and/or sugar is needed.
5. Squeeze lime over salsa. Toss once more. Cover and refrigerate or serve immediately.
6. Leftovers, can be stored in the refrigerator for 3-4 days.

Source: Colorado State University Extension

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*LOGAN COUNTY FAIR*  
**QUILT SHOW**

**SATURDAY, JUNE 17**

**9 AM - 12 PM**

**LOGAN COUNTY EXTENSION OFFICE**



**QUILT DROP OFF: WEDNESDAY, JUNE 14**

**AND THURSDAY, JUNE 15**

**QUILT PICK-UP: BEFORE NOON ON**

**TUESDAY, JUNE 20**