

NEWSLETTER



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

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

Important Dates

- Aug 4, 11, 18,25 Mt. Olivet Farmer's Market 9 am-1 pm
- Aug 4, 11, 18,25 Bluelicks Farmer's Market 3 pm-
- Aug 10 Cooking through the Calendar @ Sr. Citizen's Building
- Aug 17 God's Pantry Food Pickup
- Aug 21 Homemaker Meeting
- Aug 22 Crafts & Crumbs @ Ext. Office



HEALTH BULLETIN

JULY 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>

Robertson County Extension Office
39 East Walnut Street
Mt. Olivet, KY 41064
(606) 724-5796

THIS MONTH'S TOPIC: INFANT CORD BLOOD BANKING



Expecting a baby can be an exciting time for soon-to-be-parents. It can also be overwhelming, with many decisions to make. One such decision parents today face is whether to donate, bank, or discard their baby's umbilical cord blood. Parents need to decide by the time of arrival or registration at the hospital or birth center where the child is to be born. Here are some things to consider when deciding what to do with your child's cord blood:

Cord blood is the blood contained in the placental blood vessels and umbilical cord, which connects an unborn baby to the mother's womb. Cord blood has hematopoietic progenitor cells (HPCs). At birth, cord blood is collected or "recovered" from the umbilical cord if desired.



SEE YA

Around Town

Mount Olivet

FOOD PRESERVATION

A wonderful time was had by all. Participants learned about water bath canning as well as pressure canning. Learning how to know which type of research based canning method to use with which foods was learned by all participants.

So why do we can/ preserve our own foods?

- Preserve your harvest
- Free up freezer space
- Shelf stable and lasts longer
- Control what goes in your food
- Save money
- Better-tasting food
- Continue family traditions
- Sense of satisfaction

We are planning another food preservation series for late Fall 2023.



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Food Preservation Classes

WATER BATH CANNING

- Water Bath Canning Basics
- Completion of beginner friendly water bath canning recipes including salsa and bread and butter pickles
- How to store and put away your canning for long shelf life
- Canning safety using current safety guidelines

PRESSURE CANNING

- What foods need to be pressure canned?
- Pressure canning safety features
- Research to dispel food preservation myths and unsafe practices
- Completion of beginner friendly pressure canning recipes including stewed tomatoes





10 minute Bean Soup



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CRAFTS & CRUMBS

August 22

Robertson County Extension Office

5:00 p.m.

Or Scan Code

Call to Register

606-724-5796

Limited to 15 Spots



Community Members \$20.00
Homemaker Members: \$15.00

Includes all material and instructions.

Registration must be paid by Aug 15.



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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

COOKING THROUGH THE CALENDAR

AUGUST 10 11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

Skillet Pork Chops with Peaches

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.

**Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.
5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat

reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.

7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving Size: 1 pork chop

Cost per recipe: \$7.78

Cost per serving: \$1.95

Nutrition facts per serving: 280 calories; 10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
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LOCAL

Food Pickup for August



Aug 17.
God's Pantry @
Community Center

ADULT HEALTH BULLETIN



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Cord blood is the blood contained in the placental blood vessels and umbilical cord, which connects an unborn baby to the mother's womb. Cord blood has hematopoietic progenitor cells (HPCs). At birth, cord blood is collected or "recovered" from the umbilical cord, if desired.

Continued on the next page →



If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth.



→ Continued from the previous page

HPCs are blood-forming stem cells. HPCs are found in bone marrow, peripheral blood, and cord blood. These types of stem cells are routinely used to treat patients with cancers such as leukemia or lymphoma and other disorders of the blood and immune systems.

You can donate cord blood to a public cord blood bank, which will store it for potential future use by anyone who may need it. Alternatively, parents may arrange to store the cord blood in a private cord bank. That way the child from whom it was recovered can use it later if needed. First- or second-degree relatives can also use it.

Donating cord blood to a public bank adds to the supply and can potentially help others. Donating to a public bank is especially important for ethnic minorities, who are not well represented in cord blood banks. Public cord blood donation increases the chance of all groups finding a match. Only certain hospitals collect cord blood for storage in public banks, so ask your local hospital or birthing facility if this is a possibility for you.

If you decide to store cord blood in a private bank for personal or familial use later, you should

find out the total cost, including charges for collecting and processing cord blood and the annual storage fees. Prices for these services vary greatly.

If you are interested in cord blood banking, discuss your options with your health-care provider and a representative from the location where you plan to give birth. They can help you to ensure your wishes are followed and answer any questions you may have about cord blood banking.

More information on donating cord blood to a public cord blood bank, as well as banking cord blood with a private cord blood bank for personal or family use, is available on the Health Resources and Services Administration (HRSA) website: <https://bloodstemcell.hrsa.gov>.

REFERENCES:

- <https://www.fda.gov/vaccines-blood-biologics/consumers-biologics/cord-blood-banking-information-consumers>
- <https://www.acog.org/womens-health/faqs/cord-blood-banking>

**ADULT
HEALTH BULLETIN**

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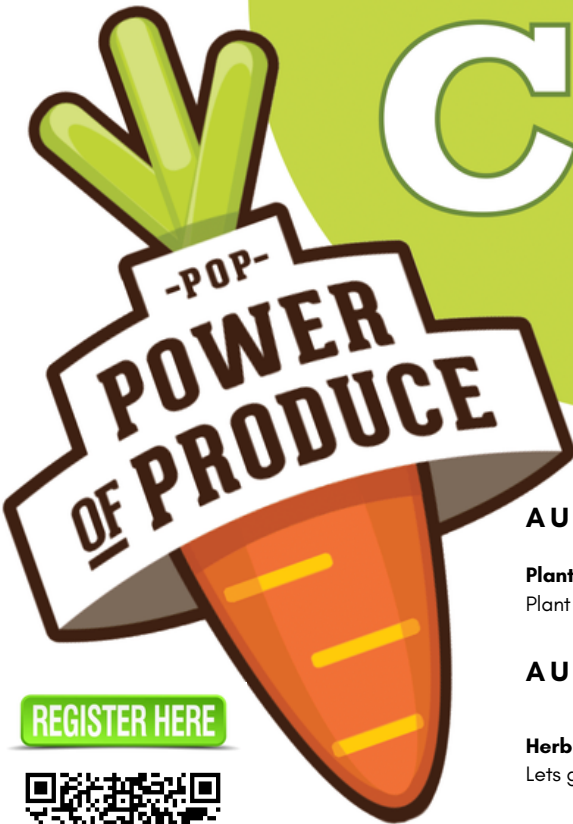




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**FREE SUMMER FUN!!
 CALL TO REGISTER
 606-724-5796**

POP Club!



REGISTER HERE



AUG 4 - MT. OLIVET FARMERS MARKET @ 11:00 A.M.

Plant People
 Plant people...how long will their hair grown?

AUG 11- MT. OLIVET FARMERS MARKET @ 11:00 A.M.

Herb Garden
 Lets grow herbs all winter long!

**Thank you to all who made POP Club a success!
 We hope to see you again next spring!**

**Any youth
 who attends
 a POP
 session
 receives:**



**To be spent
 on fruits and
 veggies at
 the Farmer's
 Market.**

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 LEXINGTON, KY 40546



THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

STAYCATIONS

A staycation, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cats, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully

KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



about when you want to take your trip. Planning during peak days or seasons means prices are higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, if possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around either for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or camping can be cost-effective alternatives or options. You might also consider selecting a location near family or friends who are willing to let you overnight. The further out you can plan a trip, the more time you have to compare options, look for deals, and budget for your trip.

GETTING

ready for your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and more. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

RESOURCES:

- Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>
- Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

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Lexington, KY 40506

Apple Sage Pork Chops

- **1 tablespoon** flour
- **1 teaspoon** dried sage
- **2 tablespoons** garlic powder
- **1/2 teaspoon** ground thyme
- **1 teaspoon** salt
- **4** boneless center cut pork chops
- **2 tablespoons** oil
- **1/2** large onion, thinly sliced
- **2** thinly sliced red apples
- **1 cup** unsweetened apple juice
- **2 tablespoons** brown sugar (optional)

Wash hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Mix** flour, sage, garlic, thyme, and salt together in a small bowl. **Sprinkle** 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to **wash** hands after handling raw meat. **Heat** oil in a large skillet over medium-high heat. **Sear** pork chops for 2 to 3 minutes on each side. Pan will smoke a little. **Remove** pork chops from the pan and set aside. **Reduce** heat to medium. To the same skillet, **add** onion and **cook** for 2 minutes, or until soft. **Add** apples, and **continue cooking** until tender, about 2 minutes. **Add** apple juice, brown sugar, and remaining spice mixture and stir to dissolve. **Return** pork chops to the skillet by nestling them in the pan. **Bring** the liquid to a boil, **reduce** heat to low, and **simmer** for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. **Refrigerate** leftovers within 2 hours.

Yield: 4 servings. **Nutrition Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

