

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

- July 4 Office Closed
- July 6 Food Preservation- Pressure Canning
- July 7 POP Club @ Bluelicks State Park
- July 15 Methodist Church Food Pickup
- July 17 Homemaker Meeting
- July 20 God's Pantry Food Pickup @ Community Center
- July 21 Cooking Through the Calendar @ Sr. Center
- July 25 POP Club @ Mt. Olivet Sr. Center
- July 25 Crafts & Crumbs @ Ext. Office
- July 28 POP Club @ Mt. Olivet Sr. Center



THIS MONTH'S TOPIC: BECOME A BLOOD DONOR



Blood is a precious gift that can give to another people gift of life. A decision to donate blood can save more than a constant need for a regular blood because it can only be a limited time. Regular blood ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why you may need a blood transfusion: women with complications and childbirth; children with often resulting from malaria; accident victims; and surgical patients, among others, may

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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1 FORTY-NINE KY 40548



Disabilities
accommodated
with your participation



Mount★ Olivet

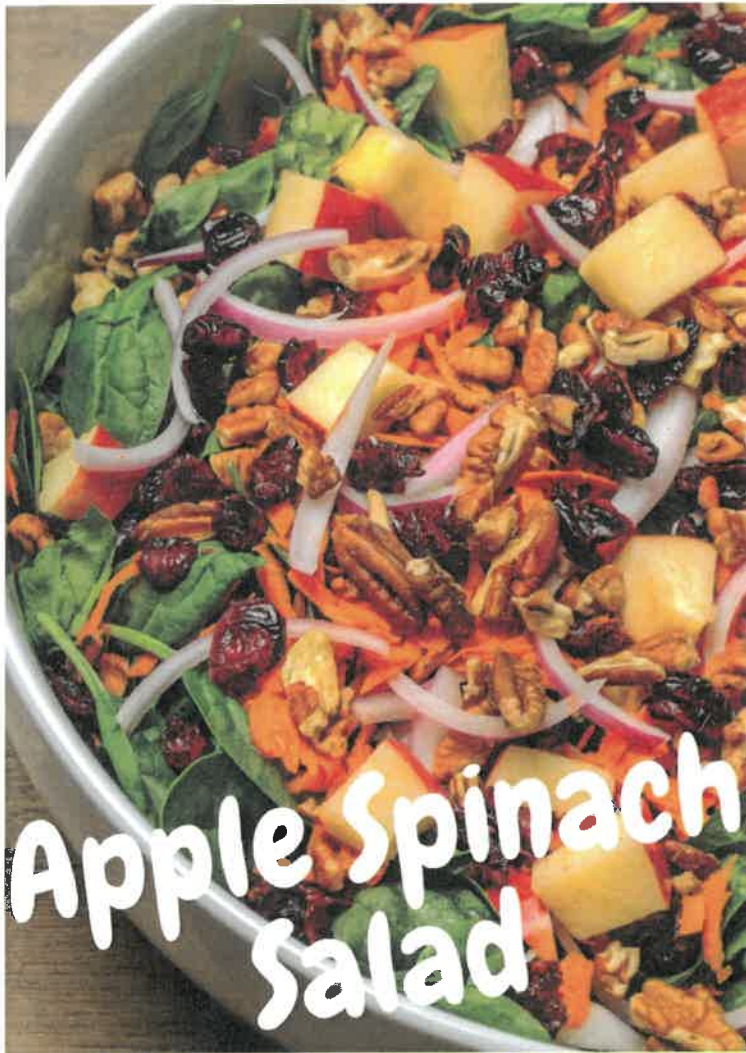
POP CLUB @ THE MARKET

The Power of Produce (POP) Club provides a fun opportunity for children to engage in the local food system through conversations with farmers, educational games and demonstrations, and exposure to new fruits and vegetables.

Local youth will be able to participate all throughout the summer earning POP Bucks to spend at the local farmer's markets.

Robertson County Extension Office partnered with the Robertson County Farm Bureau to make this program a success.





Apple Spinach Salad



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CRAFTS & CRUMBS

July 25

Robertson County Extension Office
5:00 p.m.

Call to Register

606-724-5796

Limited to 15 Spots

Or Scan Code



Community Members \$20.00

Homemaker Members: \$15.00

Includes all material and instructions.

Registration must be paid by July 21.



RUG WILL
BE 2'x3'

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COOKING THROUGH THE CALENDAR

**JULY 20
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.





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Food Preservation Classes

WATER BATH CANNING- JUNE 28 @ 5:00 P.M.

- 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- JULY 6 @ 5:00 P.M.

- 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

TOTAL CLASS COST

\$20

Cost includes supplies, canned items from classes and personal copy of Ball Blue Book Guide to Preserving.

Space Is Limited. Call to register. 606-724-5796



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HEALTH BULLETIN



JUNE 2013

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://ces.hesca.uky.edu/content/health-bulletins>

NAME County
Extension Office
000 Street Road
City, KY
ZIP
(000) 000-0000

THIS MONTH'S TOPIC:

BECOME A BLOOD DONOR



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

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Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:
<https://www.redcross.org/news-questions-and-answers/item/blood-products-why-should-i-donate-blood>

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ADULT
HEALTH BULLETIN

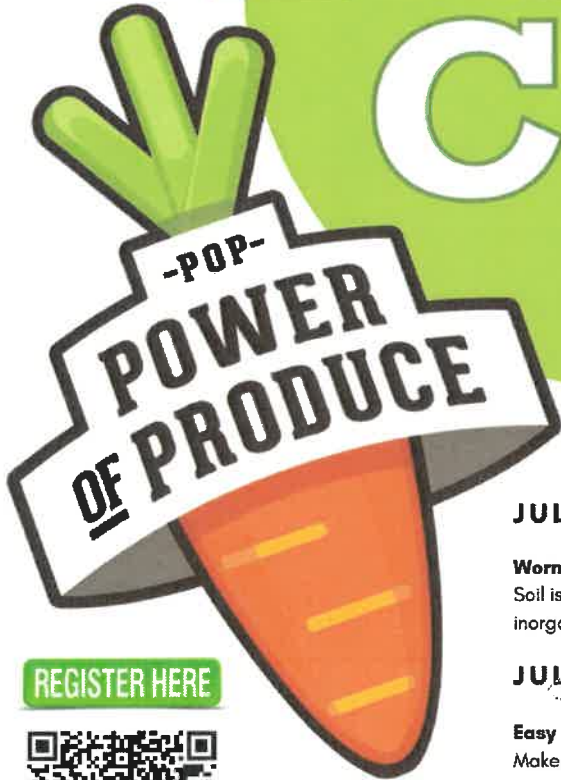


**FREE SUMMER FUN!!
CALL TO REGISTER
606-724-5796**



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POP Club!



REGISTER HERE



JULY 7 - BLUELICK'S FARMERS MARKET @ 4:00 P.M.

Worm Composting Bin

Soil is an amazing and complex ecosystem that is one of our planet's most valuable natural resources. It's a mix of inorganic minerals, water, air, organic matter, and an incredible array of living organisms.

JULY 21- MT. OLIVET FARMERS MARKET @ 11:00 A.M.

Easy Refrigerator Pickles

Make homemade pickles any time of year using homegrown or purchased vegetables. Refrigerator pickles are a tasty, nutritious treat and fun gift for family and friends! Best of all, they don't require canning and will stay fresh in the refrigerator for up to two weeks.

JULY 28- MT. OLIVET FARMERS MARKET @ 11:00 A.M.

Rainbow Kabobs

Celebrate the garden with colorful kabobs of seasonal vegetables.

Any youth who attends a POP session receives:



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

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Very Berry Salsa

4 cups apples,
finely diced
1 cup blueberries
1 cup strawberries,
diced

1 cup raspberries,
halved
1 cup blackberries,
halved

1 tablespoon fruit preserves
½ tablespoon sugar
½ tablespoon brown sugar

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings

Nutritional Analysis: 20 calories,
0 g fat, 0 mg cholesterol, 0 mg sodium,
5 g carbohydrate, 1 g fiber, 4 g sugar,
0 g protein



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

Mt. Olive, KY 41064

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