



Save Money on Meals During Summer Travel

Source: Nichole Huff, Ph.D., Assistant Extension Professor, Family Finance and Resource Management

Travel can be expensive, especially depending on the size of your family, the length of your stay, transportation needs, and the items on your itinerary. One of the largest costs of a vacation, which can take an estimated 25% of your travel budget, is the cost of meals. There are ways to save money on meals while traveling (so you can put more money toward your adventures!).

First, depending on your destination, look for ways to save money on meals by considering different lodging options before booking. For example, does the hotel offer continental breakfast? Do rooms have an in-room refrigerator, microwave, or kitchenette? Are you staying in a rental home or condo that offers a full-size kitchen? What about a campsite with an outdoor grill? Based on the meal-related amenities included with your lodging, you can plan to save money by packing food and/or preparing meals in rather than eating out.

Even if the last thing you want to do on vacation is cook, you can still save money by packing small meals, snacks, and beverages from home. Whether you're traveling by car, plane, or even train, you can bring a



reusable water bottle to refill daily for each member of your household, or an insulated thermos for your morning coffee. Bringing nonperishable, small foods that can be easily packed in a suitcase can save money on breakfasts or snacks. Items like granola bars, trail mix, and jerky can fuel your family while cutting down on added food expenses.

Finally, think strategically about food when you vacation. Always check restaurant menus ahead of time when eating out to make sure

the food options fit within your budget and taste preferences. If you're traveling with friends or extended family, brainstorm ways to share meal costs, especially if your lodging amenities offer cooking or grilling options.

Reference: *Making the Most of Meals while Traveling* (#FCS3-632), University of Kentucky, <http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3632/FCS3632.pdf>





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

The Campbell County Homemakers
LADIES JUST WANNA HAVE FUN DAY!

Friday July 21st 1pm-9pm
&
Saturday July 22nd 9am-7pm

Campbell County Extension Office
3500 Alexandria Pike, Highland Heights, Ky.

Registration \$45 for Members \$50 for Non-Members

\$50 Includes Membership

per person includes: Friday: Pizza, Tea & Water

Saturday: Breakfast, Lunch & Dinner, Sweet Treats, Tea & Water

Make & Takes, Craft Vendors On-Site

Questions: Barb Poynter (859) 448-9012 & leave a message

Or Email: cchomemakerevents@gmail.com

Mail To: Mary Lou Vogel Make checks payable to: Campbell County Homemakers
P.O. Box 6
Silver Grove, KY 41085

Our Event is full. Thank You for your overwhelming support!

Registration will be sent with more details!
Registration is considered complete until your payment is received.

WiFi Available

Campbell County Resident High School Scholarship Fund

clip

Registration is Limited & Must Be Paid to be Registered

No Refunds or Walk-Ins

Scrapbooking___ Sewing___ Need Electric___

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

List who you want to share a table with: _____

Please list who you want to sit by: _____

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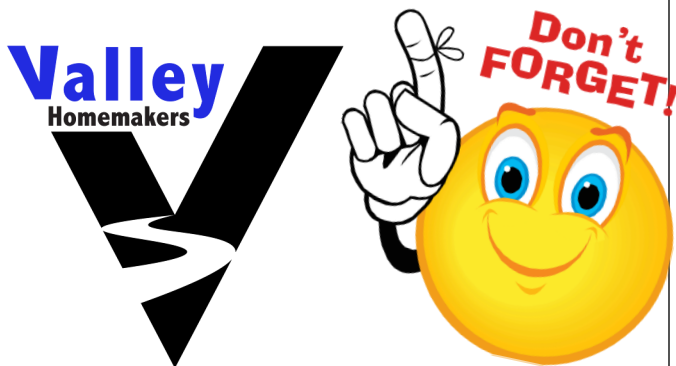
Disabilities
accommodated
with prior notification.

LOOKING AHEAD...

Date	Event
No Meeting in July	Lunch Bunch — No meeting in July! Happy 4th!
July 10 10:00 a.m.	Homemakers Council Meeting Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 11 10:00 a.m.-11:00 a.m.	Valley Homemakers Club — Boardroom Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 17 10:00 a.m.	Crazy Quilters Meeting — Rooms B & C Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
July 21 - 1pm-9pm July 22 - 9am-7pm	Ladies Just Wanna Have Fun Day—SOLD OUT—Thanks for your support! Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
August 1 11:00 a.m.	Lunch Bunch—Blinkers Tavern 318 Greenup St, Covington, KY 41011—Call/Text your reservation to Marcia Kerby at 859-816-8707. Meet at Extension Office at 10:20 to car pool.

Valley Homemakers Club

The Valley Homemaker Club will meet July 11th at 10 a.m. in the Extension boardroom. This will be a program planning meeting for our year ahead, with some fun sprinkled in. Please bring lots of ideas about what you would like to learn/do this 2023-24 HM year (which began July 1st and ends in June, 2024). Looking forward to sharing life with you in the days ahead! Pam Fields, Club President.





Lunch Bunch

Tuesday, August 1, 2023
Blinkers Tavern
11:00 a.m.
318 Greenup St., Covington, KY 41017

Call or Text your reservation or cancellation to **Marcia Kerby** at
859-816-8707

Meet at Extension Office at to 10:20 carpool

Food and Nutrition It's Grilling Season

Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety

Grilling is a summer activity everyone enjoys. It is a healthy way of cooking, and you can grill pretty much anything. Burgers, chicken, seafood, and even fruits and vegetables are all delicious when cooked on the grill. No matter what you're cooking, though, follow the tips below to prevent foodborne illness and keep your family healthy.

Thaw Safely: Never allow food to thaw on the counter at room temperature. If you are starting with frozen meat or chicken, thaw it completely for more even cooking. Place your frozen product in the refrigerator for a nice safe, slow thaw. This may take a day or two, so plan accordingly. For faster thawing, place the frozen product under cold running water, or in a sink of cold water that is changed frequently. You also can thaw your frozen product in the microwave as long as you placed it on the grill immediately.

Marinating: Always marinate food in the refrigerator, not on the counter at room temperature. You can marinate chicken and stew meat up to two days. Beef, steaks, tenderloins, roasts, and chops can be marinated up to five days. Throw away the marinade after soaking. You should not eat marinade that has been in contact with raw meat or chicken as a sauce on cooked food.

Cook Thoroughly: Always use a meat thermometer to check for doneness. Meat and chicken cooked on a grill will appear done because of quick browning on the outside. However, just because it

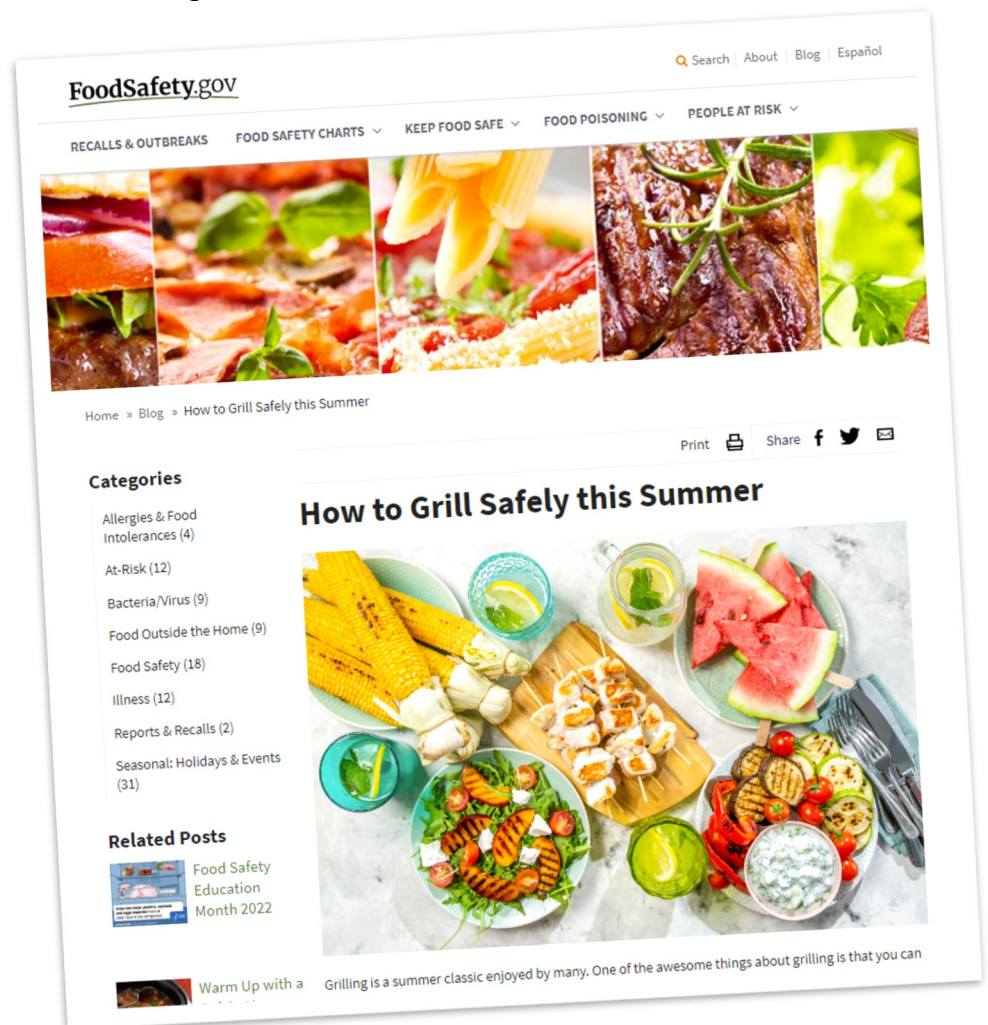
looks done, doesn't mean it's safe to eat. Cuts of beef, pork, lamb, and veal including steaks, chops, and roasts should reach an internal temperature of 145 degrees F with a three-minute rest time. Ground meats (beef, pork, lamb, and veal) should be cooked to an internal temperature of 160 degrees F. All chicken and poultry should reach an internal temperature of 165 degrees F.

Keep it Clean: Start with clean hands, and make sure there are plenty of clean plates and utensils. Never use the same platter or utensils for both raw and cooked meat and chicken. Always use a clean platter when removing food from the grill. Bacteria in the

raw meat juices can contaminate food that you have safely cooked.

Keep it Hot: After cooking, keep food hot at 140 degrees F or warmer until served. Place food to the side of the grill, where there is no direct heat, or on the small rack above the grill, if there is one. You can also place food in an oven set at 200 degrees F or a warming tray until eaten. Once you serve the food, it should not sit out for more than two hours. If the day is above 90 degrees F, food should not sit out for more than one hour.

Reference: FoodSafety.gov <https://www.foodsafety.gov/blog/how-grill-safely-summer>



Campbell County Homemakers Annual Meeting



Campbell County Homemakers would like to thank those members that came out to our annual meeting Friday, June 2 at the Campbell County Environmental Education Center at AJ Jolly Park.

New officers were installed, continuing officers were reinstated, and chair members were recognized. We were very happy to welcome our Area President Mary Loretta Reisling for the officer installation and to stay on for the meeting.

Aubree Dawson of the EEC led the group in a project of building bird houses and bird feeders. All this fun was followed up with lunch and cake. Here's to another great year with the Homemakers.

Helping Older Adults Plan for Natural Disasters

Source: Amy Kostelic, Associate Professor UK School of Human Environmental Sciences

Tornadoes, floods, wildfires and hurricanes are powerful reminders of Mother Nature's power. Despite their experience and wisdom in navigating nature's wrath, some older adults are more vulnerable to disasters due to things like chronic illness, certain medications, medical equipment needs, mobility issues, functional limitations and dementia. In addition, it is not uncommon for some older adults to feel overwhelmed. They may even need help understanding safety and evacuation information due to social or economic constraints.

It is crucial for frail older adults and their loved ones plan for natural disasters. Preparedness can reduce fear, anxiety and loss.

Without proper assistance or support, some older adults may be unable to move away from danger. Support may improve their survival and post-disaster recovery. If an



older adult has dementia, they may need help with evacuation and ongoing daily care, mobility, transportation, medication management and supervision. After a disaster, consider conditions like lack of safe water, food, extreme temperatures, stress, infection, proper shelter, medication, mobility and medical equipment.

The Centers for Disease Control and Prevention reminds older adults, their families and friends that planning for emergencies can be a matter of life and death. While first responders do their best to assist, it can take time for them to get

organized and even longer to reach disaster victims depending on the circumstances. The CDC advises stocking enough non-perishable food, water and medication for up to three days. Whistles, flashlights, emergency contact numbers, important documents, batteries, a radio and first aid kit are

helpful resources for evacuation. It is helpful to have an emergency disaster backpack or kit with all these items in one accessible place that can be grabbed and carried easily. Waterproof containers can help keep these items and information dry.

Discuss and prearrange pet care when possible since many emergency shelters often don't allow non-service animals. If you or a loved one has medical needs, pre-plan your evacuation accommodations like staying with family or friends, hotels or identify medically equipped shelters.

Kate Vaughn Thompson

Kate Vaughn Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

Katrina Harney

Campbell County Extension
Assistant for
Family and Consumer Sciences

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Families of those living in long-term care facilities should ask about a facility's disaster plan, including emergency plans, how emergencies are defined, supplies and generators, evacuation protocol, emergency response plans and how the facility notifies families of a resident's evacuation.

It's essential to understand local risks. Kentucky residents should prepare for ice, flash floods and tornadoes. The U.S. Administration on Aging recognizes that natural disasters are unpredictable but it offers general preparations for most situations. The AOA recommends communicating with family and neighbors, charging cellphones and getting backup batteries, notifying a designated contact if leaving

home, staying informed through battery-powered or hand-crank radios, evacuating early to avoid hazardous conditions, identifying a meeting place in case of communication disruptions, stocking up on personal and home supplies, preparing a to-go kit with essentials, wearing an identification band and carrying a whistle to signal for help.

Aging services can help disaster victims and their families. The Kentucky Department for Aging and Independent Living, Area Agencies on Aging, local senior centers and UK Cooperative Extension Services can help.

For more information on creating an emergency supply kit, visit: <https://www.cdc.gov/aging/>

[publications/features/older-adult-emergency.html](https://www.cdc.gov/aging/publications/features/older-adult-emergency.html)

For more information about helping older adults during emergencies and other topics, contact the Campbell County Cooperative Extension Service.

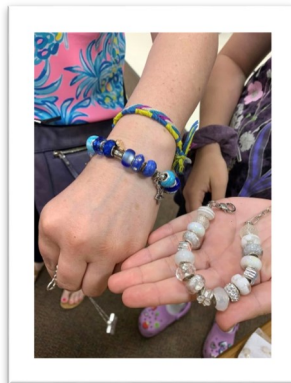
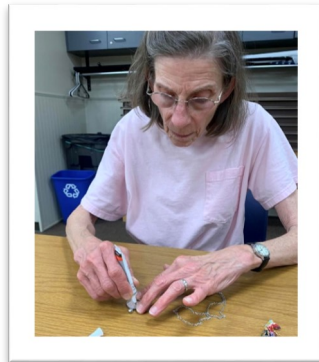
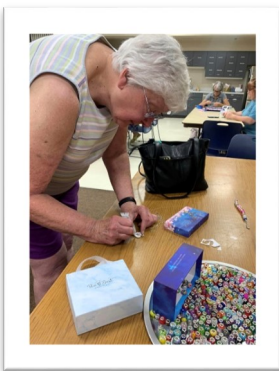
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Learn to Burn Wood Burning Class



Jewelry Making Class

The Extension Office offered a fun basic jewelry making class. Each participant made gorgeous pieces of jewelry.





SUMMER READING

ENJOY FUN AND FREE EVENTS THROUGH JULY!
REGISTRATION IS NOT REQUIRED.

2023



TOWER TUESDAYS

TOWER PARK'S AMPHITHEATRE,
FORT THOMAS @ 10 AM

JOLLY THURSDAYS

A.J. JOLLY PARK'S STAPLETON
PAVILION, ALEXANDRIA @ 10 AM

**JUNE 6: HONEY HILL FARM MOBILE
PETTING ZOO**

**JUNE 13: MADCAP PUPPETS PRESENTS
FANTASTIC FAIRY TALES**

**JUNE 20: TALEWISE PRESENTS
SCIENCE HEROES**

**JUNE 27: COMMUNITY HEROES
TOUCH A TRUCK**

JULY 11: KENTUCKY REPTILE ZOO

JULY 18: AARON HARP MAGIC SHOW

**JULY 25: FAMILY CONCERT FEAT.
XANDER WELLS**

JUNE 8: PERFORMANCE DOGS OF OHIO

JUNE 15: KENTUCKY REPTILE ZOO

JUNE 22: DIGERIDOO DOWN UNDER

**JUNE 29: PEANUT BUTTER AND JAM
SESSIONS FAMILY CONCERT**

**JULY 13: MADCAP PUPPETS PRESENTS
WHEN YOU WISH UPON A FISH**

**JULY 20: RAPTOR INC. PRESENTS
FANTASTIC BEASTS OF THE HARRY
POTTER WORLD!**

**JULY 27: HONEY HILL FARM MOBILE
PETTING ZOO**

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COUNTY | KY

Join us to...

Make a Reversible Tote Bag

July 19th
10:00 a.m.

You will need:

- 1 yard each of coordination materials (one for outer and one for inner) or if making same color 2 yards. Should be something like denim or of same weight as it for stability.
- ½ yard of light weight cotton for zippered pocket, thread to match, sewing supplies (scissors, pins, etc.)
- Sewing machine.
- Zippers will be provided.

at the Campbell County Extension Office

3500 Alexandria Pike, Highland Heights, KY 41076

Call the Extension Office to Register 859-572-2600

or online at: www.campbell.ca.uky.edu



YOUTH 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>

Campbell County
Cooperative Extension Office
3500 Alexandria Pike
Highland Heights, KY 41076
859-572-2600
E-mail: campbell.ext@uky.edu

THIS MONTH'S TOPIC: THE 5 S'S OF SUN SAFETY

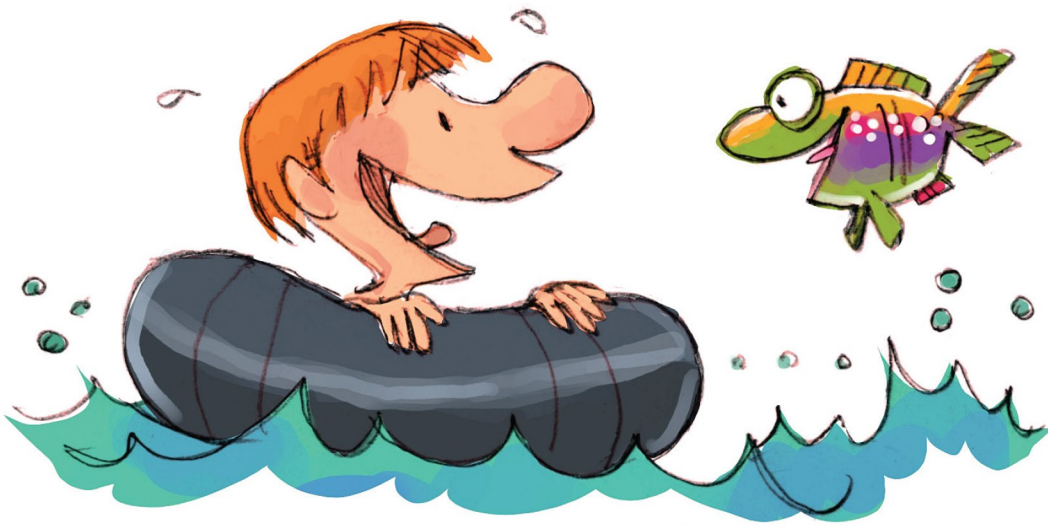
There are so many fun activities to do in the summer! From sports such as soccer, baseball, and pickleball to cooling off with water activities such as swimming, canoeing, and playing in a backyard sprinkler. Being active outside is a great time!

When you are going to spend time outside, remember to protect your skin from the hot summer sun. Over time, the sun can hurt your skin. What might seem like a minor chore now can save your skin a lot of pain later.

Continued on the next page →



Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day.



→ Continued from the previous page

The National Health Service suggests remembering the 5 S's of Sun Safety to protect skin from sunburn and damage:

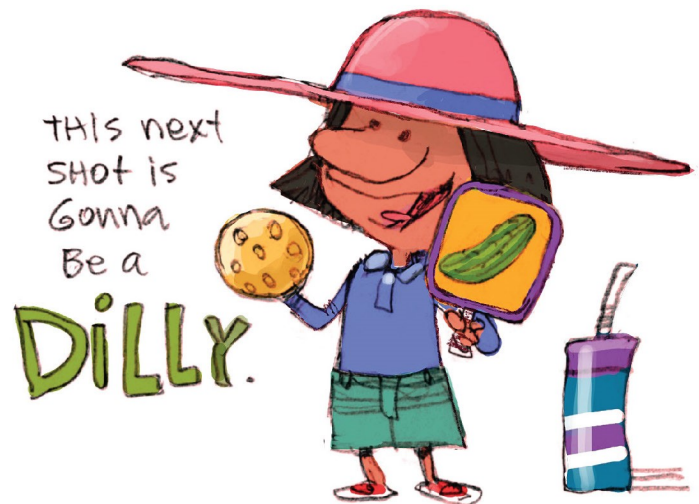
- 1. Slip:** Slip on a shirt or cover-up if you are not in the water. Wear a swimming rash guard with sleeves to prevent too much of your skin from being exposed to the sun. One of the best ways to protect your skin from the sun's rays is by covering up. Try to choose clothes you cannot see through. It has the best sun protection.
- 2. Slop:** Slop on sunscreen with a Sun Protection Factor (SPF) of 30 or more throughout the day. Use plenty and reapply often on all of your skin that doesn't have clothes on it. Ask for help reaching areas like your shoulders, back, and face so you do not miss any spots!
- 3. Slap:** Slap on a hat to shield your face and head. There are lots of hats that have wide brims and can help add extra protection for your neck, ears, and back of your head if you have short hair.
- 4. Slide:** Slide on sunglasses to help protect your eyes from sun damage.
- 5. Shade:** Try to stay in shaded areas when the sun is at its strongest. In Kentucky, the sun is strongest from 11 a.m. to 3 p.m. every day. When you take a break from playing outside, look for a place to rest that is shielded from

the sun. Find shade under a tree, porch, pavilion, wide umbrella, or in a tent!

As you are racing out the door to have fun outside this summer, remember to "slip, slap, slop, slide, and shade!"

REFERENCE:

<https://www.southwestlondon.icb.nhs.uk/news/slip-slap-slop-slide-and-shade-five-sun-safety-ss-for-hot-sun>



ADULT HEALTH BULLETIN

Written by:

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Edited by: Alyssa Simms

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Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)



Creating Healthy Summertime Routines

Source: Courtney Luecking, Extension Specialist for Nutrition and Health; Madison Webb, Human Nutrition Student

Summer is a time to rest and recharge, but the change in routine can be tough for kids and adults. To ease the transition from school to summer and prevent picking up unhealthy habits, take some time to sit down together and create a personalized summertime routine. The following tips can help you design a routine that supports a happy, healthy family.

Sleep. Even though kids might not have to get up as early in the morning, it is still important for them to have a consistent bedtime. In fact, staying up too late can make it harder for kids to fall asleep and stay asleep. Creating or continuing a bedtime routine can help everyone wind down. Remember, school-age children need nine to 11 hours of sleep each night, and teenagers need eight to 10 hours.

Fruit and vegetables. Summer is the prime season for many fruit and vegetables. This means you can find cheaper, more flavorful fresh foods. Plan to have at least one fruit or vegetable with each meal and snack. This Kentucky Proud produce guide can help you track when local fruit and vegetables are in season.

Hydration. The warmer temperatures and humid air during summer means your family will need to increase fluid intake. Specific recommendations for fluid intake

depend on one's age, sex, and weight. In general, children age 4 to 8 years should aim for seven cups a day. Children age 9 to 13 years need nine to 10 cups a day, and children age 14 to 18 years need 10 to 14 cups a day. Water and milk are the best fluid options, but fruit and veggies can also help keep you hydrated.

Explore the outdoors. Outdoor play has physical, mental, and social benefits. Aim to get outside each day. Getting outside in the early morning or later evening can help you avoid peak sun and hot temperatures. Consider trying new activities like finding a local trail,

finding a local farm or orchard to pick your own fruit, or creating your own water play at home.

Limit screen time. School-age kids should have consistent limits on how much, where, and when they can use screens. In place of screen time, offer opportunities to read, get outdoors, or play with family and friends.

Need more ideas? Check with your local Extension office and other community agencies for kid-friendly activities and events throughout the summer.

<https://www.kyagr.com/marketing/documents/FM ProduceAvailabilityGuide.pdf>

Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!

Place in a Cool, Dark Spot:
Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Peas, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

Best Practice:
Use berries on the countertop within 1-2 days. If longer, store in the fridge.

Refrigerate in Crisper Drawer or Container:
Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

Trim the leafy tops off and then refrigerate:
Don't throw away your leafy tops; use them in pesto, soups, and even salads.

Chef Tips:

- Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.
- Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!
- Blanche and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanch, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.

Seasonal Produce Guide

In Kentucky, there's something wonderful about every season - and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

Mar-May (Spring)
Asparagus (Apr-Jun)
Beans (Jun-Sep)
Beets (Jun-Nov)
Blackberries (Jun-Oct)
Cantaloupe (Jun-Sep)
Carrots (Jun-Aug)
Cauliflower (Jun-Jul)
Cucumbers (Jun-Sep)
Eggplant (Jun-Sep)
Garlic (Jun-Aug)
Grapes (Aug-Sep)
Greens (Apr-Nov)
Kohlrabi (May-Jun)
Lettuce (May-Jun)
Maple Syrup (Feb-Mar)
Green Onions (May-Jun)
White Onions (Jan-Mar)
Peas (May-Jun)
Potatoes (Jul-Oct)
Radishes (Apr-Jun)
Strawberries (May-Jun)
Sweet Potatoes (Oct-Mar)
Turnips (May-Jun)
Winter Squash (Jan-Mar)

Jun-Aug (Summer)
Apples (Jul-Dec)
Beans (Jun-Sep)
Beets (Jun-Nov)
Blackberries (Jun-Oct)
Blueberries (Jun-Jul)
Broccoli (Jun-Jul)
Brussels Sprouts (Jul-Nov)
Cabbage (Jun-Jul)
Cantaloupe (Jun-Sep)
Carrots (Jun-Aug)
Cauliflower (Jun-Jul)
Sweet Corn (Jul-Sep)
Cucumbers (Jun-Sep)
Eggplant (Jun-Sep)
Garlic (Jun-Aug)
Grapes (Aug-Sep)
Greens (Apr-Nov)
Kohlrabi (May-Jun)
Okra (Jun-Sep)
White Onions (Jan-Mar)
Peaches (Jun-Aug)
Peppers (Jul-Sep)
Plums (Jul-Sep)
Potatoes (Jul-Oct)
Raspberries (Jun-Sep)
Rhubarb (Jun-Sep)
Summer Squash (Jun-Oct)
Tomatoes (Jul-Oct)
Watermelons (Jul-Oct)
Zucchini (Jun-Oct)

Sep-Nov (Fall)
Apples (Jul-Dec)
Beans (Jun-Sep)
Beets (Jun-Nov)
Blackberries (Jun-Oct)
Blueberries (Oct-Nov)
Bok Choy (Aug-Nov)
Brussels Sprouts (Jul-Nov)
Cabbage (Oct-Nov)
Carrots (Oct-Nov)
Cauliflower (Oct-Nov)
Greens (Apr-Nov)
Kohlrabi (Sep-Oct)
Lettuce (Sep-Oct)
Nut Crops (Sep-Nov)
Okra (Jun-Sep)
Green Onions (Oct-Nov)
White Onions (Jul-Sep)
Peppers (Aug-Oct)
Pears (Aug-Nov)
Peppers (Jul-Sep)
Plums (Jul-Sep)
Potatoes (Jan-Mar)
Pumpkins (Sep-Nov)
Radishes (Jun-Sep)
Raspberries (Jun-Sep)
Rhubarb (Jun-Sep)
Sorghum (Jun-Sep)
Summer Squash (Jun-Oct)
Sweet Potatoes (Oct-Mar)
Tomatoes (Jul-Oct)
Watermelons (Jul-Oct)
Winter Squash (Aug-Nov)
Zucchini (Jun-Oct)

Dec-Feb (Winter)
Apples (Jul-Dec)
Maple Syrup (Feb-Mar)
White Onions (Jan-Mar)
Potatoes (Jan-Mar)
Sweet Potatoes (Oct-Mar)
Winter Squash (Jan-Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are currently extended in other directions for many of these crops.

Produce Guide

	SUMMER			FALL			WINTER		
	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb
Sweet Potatoes (Oct-Mar)									
Tomatoes (Jul-Oct)									
Turnips (May-Jun)									
Watermelons (Jul-Oct)									
Winter Squash (Aug-Nov) (Jan-Mar)									
Zucchini (Jun-Oct)									

FlowerBuds

The Flowerbuds had fun exercising, making salads and coloring flower pots for their June program.



TUSCAN CHICKEN AND PASTA



Servings: 6 Serving Size: 2 cups Recipe Cost: \$11.52

Ingredients:

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

Nutrition facts per serving:

350 calories; 13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.
7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

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

2023

Flower Buds



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

A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.

Family Time for preschoolers (age 3-5).
Older children are also
welcome to join with prior notification.

Space is limited to 15 children
plus 1 parent or relative.

Registration for each class is required
859-572-2600 or online at
campbell.ca.uky.edu



Location:

Campbell County Extension Service
3500 Alexandria Pike
Highland Heights, KY 41076

2023 Flower Buds Schedule:

10:00 a.m.-11:30 a.m.

- Thursday, August 3
- Thursday, September 7
- Thursday, October 5
- Thursday, November 2
- Thursday, December 7

If you have questions, please contact Kate Thompson or Terri Turner.

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

BACK TO SCHOOL FAMILY NIGHT

Back to School time can feel overwhelming. Learn mindful tools to ease anxiety and set a healthy mindset.



College of Agriculture, Food and Environment

COME AND JOIN US!

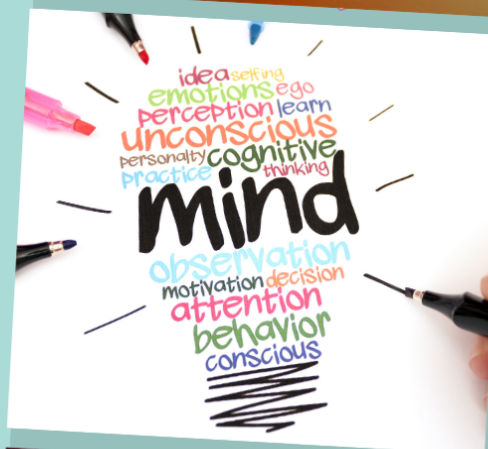
AUGUST 8, 2023

6PM - 7PM

3500 ALEXANDRIA PIKE
HIGHLAND HEIGHTS, KY 41076

THINGS TO KNOW

- OPEN TO FAMILIES WITH YOUTH AGES 3-8 YEARS OLD.
- FREE EVENT
- FAMILY ACTIVITIES
- MINDFUL TOOLS
- YOGA & BREATHING EXERCISES
- REGISTRATION CLOSES AUGUST 1ST.



HOW TO REGISTER

CALL 859-572-2600 OR
ONLINE CAMPBELL.CA.UKY.EDU

