



May 2025

UK Cooperative Extension Service

Cooperative Extension Service

Daviess County
4800A New Hartford Road
Owensboro KY 42303
270-685-8480
daviess.ca.uky.edu

DATES

May 6-8

KEHA State Meeting

May 13

Homemaker Council Meeting

May 19

WBKR

May 20

Start Your Summer with Extension
Open House

May 26

Memorial Day - Office Closed

June 16

WBKR

June 19

Juneteenth (office closed)

June 21

Food+Art+Health at Farmers' Market

June 24

Cooking class

June 30

Food preservation program at the
Daviess County Public Library



Just in time for Mother's Day and all your spring baking needs!

Pecans are on sale for \$10 a bag at the Daviess County Extension Office.

Pecans are a very low glycemic index food and have health related benefits like reducing the risk of heart disease, lowering LDL cholesterol, and reducing inflammation.

Pecan	
Nutrition Facts	
Serving Size 1 oz. (about 20 pecan halves)	
Amount Per Serving	
Calories 196	
Calories from Fat 171	
% DV/DRI*	
Total Fat 20g	31%
Saturated Fat 2g	12%
Trans Fat 0g	
Polyunsaturated Fat 6g	30%
Monounsaturated Fat 12g	50%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 116mg	3%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	8%
Sugars 1g	
Other Carbohydrates 0g	
Protein 3g	3%
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 9%
Vitamin E ¹ 3%	Thiamin 16%
Riboflavin 3%	Niacin 2%
Folate 1%	Vitamin B ₆ 5%
Phosphorus 11%	Magnesium 8%
Zinc 12%	Copper 38%

*Percent Daily Values (%DV) established by the USDA for a 2,000 calorie diet are presented for fats and protein. Percent Dietary Reference Intakes (%DRI) are presented for all other nutrients based on standards established by the National Academy of Sciences for males aged 19-50. Daily nutrient requirement is affected by age, gender, pregnancy and lactation; depending on these factors, your daily reference intake may be higher or lower than those presented here.
¹Vitamin E as α -tocopherol. Pecans also contain β , γ and δ tocopherols.

**Daviess County Extension Agent
for Family & Consumer Sciences
Education**

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**Cooperative
Extension Service**

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

CALLING ALL LITTLE CHEFS

Join us on June 24th at 5:30 p.m. We are partnering with the Healthpark dieticians for the “Little Chefs” Cooking Class for Kids and Families.

Bring your kids for some fun while learning healthy cooking tips and ideas.

Look for sign-up information in the June newsletter!



FARMERS' MARKET

The Owensboro Regional Farmers' Market is now open Saturdays from 8:00 am to 12:00 noon.

Tuesday morning and Thursday evening hours begin in June.



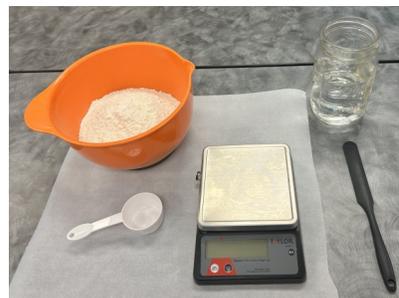
SOURDOUGH

Special thanks to Angie Swihart for sharing her sourdough knowledge with us.



WELCOME QUINCY!

Welcome Quincy Swanagan as our new Nutrition Education Program Assistant!



WBKR 92.5 The Country Station!

Be sure to tune in May 19th as Quincy takes over the monthly segment showcasing our Calendar recipe. They will be on-air taste testing the SNAP recipe: Banana Pancakes

WELCOME GEORGIA!

The newest front office face is Georgia McCrady, Staff Assistant. Welcome, Georgia!





START YOUR SUMMER WITH EXTENSION

May 20 • 5:00-7:00 pm

Join Daviess County Cooperative Extension for our Open House! Meet the staff, learn about our current and upcoming programs, register for door prizes, enjoy food, and have fun with hands-on activities. WBKR will be live on location!

- FREE FOOD**
- FREE T-SHIRT**
- GIVEAWAYS**
- RECIPE SAMPLES**
- WBKR LIVE**
- HANDS-ON ACTIVITIES**



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Disabilities accommodated with prior notification.

CANNING CLASS

Our on-going canning class group canned pie filling.
We had a great time and are ready to make apple pie!



POP CLUB POWER OF PRODUCE

- Participate **once** a week (Tuesday, Thursday, or Saturday) and receive \$5 in market bucks to use on fresh produce
- Must be **present** and **participate** to receive market bucks
- Each week offers a different activity and food sample related to in-season produce
- Open to kids and adults (ages 3 and up)

Program Dates:

- Week 1: June 3, 5, 7
- Week 2: June 10, 12, 14
- Week 3: June 17, 19, 21
- Week 4: June 24, 26, 28
- NONE Week of July 4th
- Week 5: July 8, 10, 12
- Week 6: July 15, 17, 19
- Week 7: July 22, 24, 26
- Week 8: July 29, 31, Aug 2



How to Register:
Find the POP Club cart the first week of June (3, 5, or 7) to sign-up!

Owensboro Regional Farmers' Market
1205 Triplett St.
Owensboro, KY 42303



Owensboro Health



Martin-Gatton
College of Agriculture,
Food and Environment
operative Extension Service
Davies County

Smart Shopper: Where do your products come from?

Source: Kelly May, Senior Extension Associate for Family Finance and Resource Management, and Mindy McCulley, Extension Specialist for Instructional Support

Products may come from all over the world, especially when online shopping. Sometimes there are sellers that say they offer originals but send knockoffs. And sometimes the websites word it so that it sounds local or American-made when it may not be. The following tips will help you figure out exactly what you are buying and from where.

In stores, you can usually find labels on items saying where the item was made. Online you may need to look for the seller's location through the address listed in the terms of service or privacy policy. Also, review the return policies before you complete the purchase. This can tell you more about where the product comes from and where it was made. It will also let you know the return process if you don't like it.

If it "ships from the USA" that doesn't necessarily mean it was made in this country. Some sellers ship their goods to United States distribution centers. This is where they pack items and ship to individual consumers.

Most times, products will arrive on time and exactly as described no matter where they are made. But other times, products from any county – including the U.S. – may not be as described or may not arrive at all. The Better Business Bureau scam tracker shows many reports about online purchase fraud. This may include items ordered and never received, incorrect charges or billing for products, and items that were sent that were not as described or advertised.

Using trusted vendors and companies usually is the safest way to shop. However, fraudsters can create fake links to mimic a familiar company. Never click on a link in an email message, text, or on social media that suggests you buy a certain item even from a trusted seller. That link could be taking you to a false location, and looks can be deceiving. Instead, go directly to the seller's site and search for the item that has grabbed your interest.

Remember that reviews and star ratings are subjective. Some companies will pay or reward people to leave a positive review, and others will use robots or AI to create reviews. Read those with a critical eye.

Finally, remember your credit card may offer you some protections when shopping online. If necessary, you may be able to dispute charges made. You can request that your credit card company withhold payment temporarily during the investigation.

If you have a problem with an online purchase, try to work with the seller first. You can also report scams to the Better Business Bureau at <https://www.bbb.org/scamtracker/reportscam> or the Federal Trade Commission at [Reportfraud.ftc.gov/](https://reportfraud.ftc.gov/).

References:

Federal Trade Commission. (September 2022). Online Shopping. <https://consumer.ftc.gov/articles/online-shopping>

HOMEMAKER HAPPENINGS



Lesson for the Month

Strong Bones for Life: Prevent Osteoporosis - A Family and Individual Development Lesson

Roll Call

In May we celebrate mothers. Share a favorite memory with your mother.

Thought of the Month

“There’s no load I can’t hold

A road so rough, this I know

I’ll be there when the light comes in

Just tell ‘em we’re survivors.”

—(*Life is a Highway*), Rascall Flatts - 2006 (Cars movie) OR Tom Cochrane - 1991

FOYER DECORATIONS

May’s foyer will be decorated by Maceo.

HOMEMAKER PICNIC

Tuesday, June 17, 2025

In Bittel Hall at the Lions Club Fairgrounds

We are celebrating with an inside picnic full of food, fun, and games. Come dressed casually, ready to have fun with other Daviess County Homemakers.

Food will be provided. But please go through your stash of small gift items for things to use for prizes. Bring them to your May meeting for collection, or to the Extension Office by May 31. We will “sack” them up for prizes.

More information in June’s newsletter.

LOOK AHEAD

As your clubs wrap up their yearly meetings, don’t forget year-end reports are due. For recognition at the picnic, please take your information to the May meeting and have Club Reports to the Extension Office by May 31.

Discover KEHA- A Hidden Treasure

To those attending the KEHA State Meeting: We hope you have a great time and we can’t wait to hear about your adventures!

COUNCIL MEETING

The Homemaker Council will be meeting
Tuesday, May 13, 2025

12:30 p.m.

at the Daviess County Extension Office

Please have a representative from your club if possible.

ADULT HEALTH BULLETIN



MAY 2025

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

THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

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Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

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- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
 - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
 - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
 - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
 - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
 - Do a tick check on your pets too.
 - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
 - Heating clothes on high for 10 to 15 minutes will kill ticks.

Take a “tick kit” with you while out and about. This will include items that help you locate, remove, and collect ticks and clean the bite site. When removing ticks, pull the skin tight, grab as close to the skin as possible with your tweezers, and pull straight up and out. Do NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods Today series, episodes 212 and 214.

• **Episode 212:** https://youtu.be/pr2__iPdndI?si=z1u72TXK556QQAOL

• **Episode 214:** https://youtu.be/DNTXX_DIGA4?si=F-EsaDdTMW-XFdUT

Written by: Hannah Tiffin, Ph.D.,
Assistant Professor, Dept. of Entomology

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



PARENT

HEALTH BULLETIN



MAY 2025

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

THIS MONTH'S TOPIC

HELP YOUR CHILD GET THE SLEEP THEY NEED



Everyone needs sleep to be healthy. Sleep is important for children because it impacts physical, mental, and emotional growth and development. While asleep, children's bodies release hormones that drive physical growth, bone and muscle development, and overall health. Sleep allows the body to heal from illness and injury and protect against future encounters with disease. Adequate sleep strengthens the immune system, helping prevent serious infections and illnesses. Sleep is vital in cataloging memories and learning new information, helping children remember what they have learned throughout the day. Children who get, on average, the recommended amount of sleep each night tend to have longer attention

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Children who get, on average, the recommended amount of sleep each night tend to have longer attention spans, better focus, problem-solving skills, and concentration, all important for learning and doing well in school.

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spans, better focus, problem-solving skills, and concentration, all important for learning and doing well in school. Feeling well-rested helps our brain understand emotions and improve mood, leading to better decision-making and overall behavior.

Just as getting enough sleep helps our body function well, lack of sleep can increase the risk of various health problems, including heart and lung problems, diabetes, and obesity, in the long run. Sleep deficiency can lead to fatigue and impaired judgment, increasing the risk of accidents.

It can be difficult to convince children that sleep is more important than staying awake. They might not understand all the important work their bodies do while sleeping. It might help to reframe sleep or explain it differently. Please share with your child the critical work their bodies do on the inside while sleeping, like healing, growing, and remembering. You might want to use an analogy, such as sleep helping our bodies recharge their batteries.

Here is a list of the recommended daily amounts of sleep for each age, including naps, by the National Institute of Health:

- **For newborns younger than 4 months**, sleep patterns vary widely.
- **Babies 4 months to 1 year old** should sleep 12 to 16 hours per day.
- **Children 1 to 2 years old** should sleep 11 to 14 hours daily.

- **Children 3 to 5 years old** should sleep 10 to 13 hours daily.
- **Children 6 to 12 years old** should sleep 9 to 12 hours daily.
- **Teens 13 to 18 years old** should sleep 8 to 10 hours daily.

You will notice that the range of sleep a child needs can vary. This is because every child and family are different. You may notice that your child needs more sleep. If they have difficulty waking up in the mornings, take a long time to wake up and think clearly, or seem to be dragging by the end of the day, try to increase their sleep time for a few weeks. If they are having difficulty falling asleep or wake up early in the morning on their own, they may not need as much sleep. However, most children's sleep needs should fall within these ranges.

If you are concerned about your child's sleep, bring it up with your child's pediatrician or other health-care provider.

REFERENCES:

- <https://www.nhlbi.nih.gov/health/sleep/how-much-sleep>
- <https://newsinhealth.nih.gov/2021/04/good-sleep-good-health>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MAY 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!



AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.

May is Military Family Appreciation Month



FOR MILITARY YOUTH: Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

FOR MILITARY FAMILIES: Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock