



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

**Cooperative Extension
Service**

Daviess County
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Owensboro KY 42303
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September 2024

DATES

September 2

Office Closed—Labor Day

September 5

Kitchen Gadget Class

September 8

Happy Grandparents Day

September 10

New deadline for GRA meeting tickets

September 23

Tune into WBKR

September 24

Area Homemakers Annual Meeting

September 28

Lifesaver Walk at Moreland Park

September 28

Extension at Farmers' Market

October 5

Extension at Farmers' Market

October 21

Tune into WBKR

October 23

Basics of Canning at White Chateau

October 26

Halloween at the Farmers' Market



The Extension Office will
be closed for
Labor Day

Monday, September 2.

We will reopen Tuesday,
September 3 at 8 a.m.

Be sure to tune in to WBKR 92.5 FM to hear about
the monthly SNAP recipe and hear reviews from the
on-air taste testing.

September 23rd - Ramen Skillet Dinner

October 21st - Sweet Potato Hash

WBKR
92.5 The Country Station!

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

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.

CANNING CLASS AT THE WHITE CHATEAU

Our classes on Monday, August 19 were a great success!

Thanks to everyone who came out for the canning classes at the White Chateau in August. A special thank you to Suzanne Cecil White for hosting our classes and providing the tomatoes!



We will be having a Basics of Canning class at the White Chateau
Wednesday, October 23rd at 10 a.m.

This program will go over canning equipment, safe and research-based recipes and is geared toward very beginner canners.

Participants will receive a free UK canning book.

You must call the office to reserve your spot, 270-685-8480.



The class will be at the White Chateau, 8753 Mulligan Rd. Owensboro, KY 42301

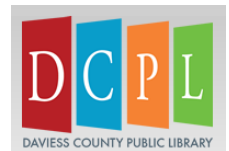
The Owensboro Regional Farmer's Market is still open! Their updated hours from August 1 to October 31 are Tuesdays, Thursdays, and Saturdays from 8 am to noon.

Stop by the Extension Booth on Saturday, **September 28th**! for information and samples!



The Holiday Market is scheduled for Saturday, November 2nd. Applications for vendors are available on their Facebook page and are due Friday, September 27th.

What's That Gadget Do?



Come join us on

Thursday, September 5th at the Daviess County Public Library to learn about small kitchen gadgets. The class begins at **6 p.m.** Visit the library's Facebook page for more information.



Be sure to tune in to Talking FACS Podcast hosted by UK FCS Extension. Find it at: <https://ukfcsext.podbean.com/>



Save the Date!

Owensboro Regional Suicide Prevention Coalition

17th Annual *LifeSavers Walk*

Saturday, Sept. 28, 9am-12pm
Moreland Park

For any questions or more information about
sponsorship levels, please email:
president@orspc.org

**Thanks to everyone who participated in Summer Fresh Recipes with
Merritt Bates-Thomas!**



**The recipes were delicious and
we learned a lot.**



September is National Honey Month

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

September is National Honey Month. It coincides with honey collection season in the United States, which typically ends in September because bees secure their hives and get ready for colder weather.

Humans have a long history with honey. According to a 2012 archaeological find, the world's oldest honey is believed to be 5,500 years old. Many ancient civilizations used honey for various purposes.

Honey would not be possible without the work of bees and other pollinators. The website, pollinator.org, reports, "Honeybees alone are responsible for between 1.2 and 5.4 billion dollars in agricultural productivity in the United States." Experts estimate that it takes close to 23,000 bees to fill one jar of honey, but the bee population has been in decline over the last few decades.

To celebrate and promote National Honey Month, try these steps.

1. Have a honey themed party and try various types of local honey on your favorite food items.
2. Contact your local beekeeper association for a presentation on their work or visit to their hives.
3. Select pollinator friendly plants for your yard and landscaping. You can contact your local Extension office or garden nursery for the best plant recommendations for your area.
4. Avoid pesticides that harm bees and be sure to follow the instructions of when and how to use them.
5. Continue to learn more about the role that bees and other pollinators play in our food supply chain.

References:

<https://www.agfoundation.org/news/september-is-national-honey-month>

<https://www.epa.gov/sciencematters/understanding-how-pesticide-exposure-affects-honey-bee-colonies>

<https://www.pollinator.org/pollinators#:~:text=Birds%2C%20bats%2C%20butterflies%2C%20moths,most%20importantly%2C%20bees%20are%20pollinators.>

<https://kybees.org/>

<https://www.unep.org/news-and-stories/story/why-bees-are-essential-people-and-planet>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5424551/>



HOMEMAKER HAPPENINGS

Lesson for the Month

All About Succulents - A Miscellaneous Lesson

Roll Call

Labor Day is celebrated in September. What is the first job you ever had?

Thought of the Month

“Well, it’s alright, even if they say you’re wrong. Well, it’s alright, sometimes you gotta be strong.”

—(End of the Line) Traveling Wilburys - 1989

DEADLINE EXTENDED!!

The deadline to purchase your ticket for the Green River Area Homemaker Annual Meeting is now Tuesday, September 10.

Green River Area Homemakers Annual Day



Tuesday, September 24, 2024

Registration begins at 10:00 am

\$15.00

Ohio County Extension Office

1337 Clay Street

Hartford, KY 42347

LESSON LEADER TRAINING

Special thanks to Hardin Stevens for teaching the October Homemaker Lesson, Indoor Air Quality.



Tickets are \$15 per person.

The meeting is September 24th

at the Ohio County

Extension Office

Daviess County Homemakers Annual Meeting

We had a great turnout of both Homemakers and beautiful quilts.



New officers were installed, and we got to meet this year's scholarship recipient, Lily Cecil.



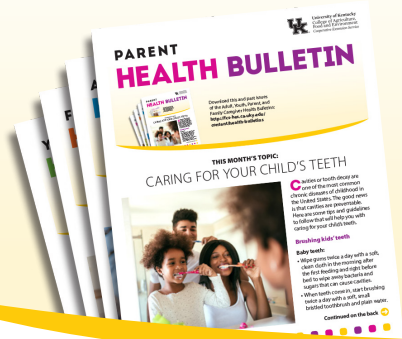
Cultural Arts Entries

Daviess County Cultural Arts Entries showcased how much talent we have!



Blue Ribbon winners are responsible for taking their items to the Green River Area Meeting for judging. If your entry wins at the Area level, it will go on to the State level.

PARENT HEALTH BULLETIN



SEPTEMBER 2024

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

STEP INTO NATURE: HIKING FOR HEALTH



Hiking is a great activity for whole families to do together. It gets kids and adults alike away from screens, enjoying nature, and spending quality time together. Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!

Hiking is also a great physical activity. Hiking uses more muscles than a normal walk, both in your legs and core. You might find that you are sore after a hike — that is a good thing! It means you are engaging muscles that don't get as much regular use. Hiking also requires more oxygen, so it makes your heart and lungs work harder. This makes hiking a great way to build endurance. Hiking on uneven surfaces improves balance and coordination for both kids and adults.

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Fall is the perfect time to plan a family hike. Mild weather, beautiful scenery, and gentle breezes make an ideal outdoor experience!



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There are also mental benefits to hiking. Many people say that being in nature helps them to feel less stress, improves their mood, and helps them to sleep better at night. All great reasons to get outdoors and go for a hike!

It is easier said than done, however, to take kids on any kind of adventure. To help your hike succeed, there are a few things to consider when taking kids on a hike.

- **Plan hikes to see interesting things.** A summit lookout, interesting rock formations, or waterfalls are great destination hikes to keep kids engaged.
- **Come prepared.** Remember a bag with water, bug spray, snacks (if needed), and a way to navigate.
- **Keep kids in view.** Set boundaries about how far ahead or behind an adult you feel comfortable with them being.
- **Stay on the trail.** Limit exposure to unwanted poisonous plants and animal encounters by staying on marked trails.
- **Take regular breaks.** Kids may wear out faster than adults. A short break to reset may help them last longer.
- **Consider bringing an activity** like a nature journal or scavenger hunt to encourage curiosity and interest.

If you are looking for places to hike close to home or farther away, here are a few resources on hiking opportunities in Kentucky.

- Plan a hike at a Kentucky state park. Their website has information about trail head locations, trail lengths, and other helpful information: <https://parks.ky.gov/things-to-do/trails/hiking>.
- Kentucky has seven national parks as well, many with trails to hike and sights to see: <https://www.nps.gov/state/ky>.
- Kentucky Tourism has also curated a list of destinations with hiking trails and information to plan trips to visit each location: <https://www.kentuckytourism.com/things-to-do/outdoors/outdoor-recreation/hiking>.

REFERENCE:

<https://www.health.harvard.edu/staying-healthy/hike-your-way-to-better-health>

ADULT
HEALTH BULLETIN

Written by:

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Stock images:

Adobe Stock



ADULT HEALTH BULLETIN



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THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



When you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



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grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

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HEALTH BULLETIN

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Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

SEPTEMBER 2024

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THIS MONTH'S TOPIC: BUILDING AN EMERGENCY KIT ON A BUDGET

Building an emergency kit doesn't have to cause a disaster for your finances. Build it slowly, starting with essential food and water, and then buy other items as your budget allows. Add an extra item to your shopping lists once or twice a month that you can put in the kit to spread out the costs over time.

EMERGENCY KIT BASICS

There are basic items every kit should have in addition to food and water. Download a comprehensive list at <https://ukfcs.net/DisasterKit>. Tailor the list to meet the needs of your family. Start by checking at home for items you may have on-hand. You may have a manual can opener, flashlight, extra phone chargers, batteries, and matches in the back of kitchen drawers. You can also make your own first-aid kit with items you already have like bandages, antiseptic wipes, medications, tweezers, ointment, etc.

SHOP SALES

Make a list of items you don't have and watch for sales. If you're an online shopper, put pricier items (like a multitool or fireproof document bag) in your online cart to be notified when the price drops. Also, stock up during common sales like Back to School, Black Friday, or other annual holidays. Check



with friends or neighbors to see if they have an interest in building a kit. You may be able to combine lists and buy some items in bulk, lowering the cost for everyone.

A weather radio may also be helpful during inclement weather or power outages. Don't let price be the reason to go without. A weather radio doesn't have to be a top-of-the-line model; one that includes the basics will do. Weather radios can be battery operated or powered by a hand crank or solar panels. Check online for reviews and pricing options before buying.



STOCK UP ON NONPERISHABLE FOOD AND CANNED GOODS WHEN YOUR LOCAL GROCERY STORE IS HAVING A SALE



GRAB DOLLAR DEALS

Stock up on nonperishable food and canned goods when your local grocery store is having a sale. Check weekly ads for deals like “10 for \$10,” or shop the day after a holiday when certain items are marked down or put on clearance. Be mindful when buying canned goods and don’t buy leaking, swollen, or deeply dented cans. Also, it is important to buy things that you and your family enjoy. Don’t buy pinto beans because they are on sale if no one in your family will eat them. Consider buying generic or store brand items for your kit, but don’t skimp on nutrition. Buy nutrient-dense foods that are high in protein. Find examples at <https://ukfcs.net/DisasterMenuIdeas>.

WATER IS ESSENTIAL

Water is a necessity. You should have 1 gallon of water per person per day. If buying bottled water is too expensive, you can bottle your own. Use a food-grade container like a 2-liter

soda bottle. Don’t use containers that once held milk or juice, as these containers have residues that are difficult to remove and could provide an environment for bacterial growth. Wash the bottle and cap thoroughly using detergent and warm water. Rinse and sanitize with a solution made from 1 teaspoon unscented liquid bleach and 1 quart water. Shake the sanitizer solution all around the bottle and rinse well. Fill with clean water and add the date to the outside of the bottle. Replace this water every 6 months.

Once your kit is complete, consider making a “grab and go bag” or filling a backpack with essentials in case you must leave your home quickly. Don’t let budget constraints keep you from building an emergency kit. Start today and protect your family and your finances!

RESOURCE:

<https://www.ready.gov/low-and-no-cost>

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