




FAMILY & CONSUMER SCIENCES NEWS

JUNE & JULY 2024

A MESSAGE FROM YOUR FCS AGENT:

 Cooperative Extension Service

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Summer days are near!

I can't believe we're halfway through 2024! April and May were busy months. We had our county annual meeting, KEHA state meeting in Bowling Green, a breakfast fundraiser, a trip to Shriners Hospital, Lavender & Essentials Oils class, and several Homemakers volunteered to teach a group of 4Hers how to sew! I have continued to have Cooking Through the Calendar each month, take a look inside to see upcoming classes!

Hope to see you there!



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Katie Fryman



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

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LEARN. LEAD. SERVE.

Homemakers News

JUNE MEETINGS

- **June 4th-** Homemaker Membership Day Out in Carlisle, KY
- **June 11th** - Hillsboro Homemakers Meeting, 12:00pm @ Hillsboro Christian Church
- **June 20th** - Country Neighbors, 6:00pm @ the FCEO
- **June 24th** - Treasures of the Heart, 6:00pm @ the FCEO

JULY MEETINGS

- **July 16th-** Hillsboro Homemakers Meeting, 12:00pm @ Hillsboro Christian Church
- **July 18th** - Country Neighbors, 6:00pm @ the FCEO
- **July 29th** - Treasures of the Heart, 6:00pm @ the FCEO



FLEMING COUNTY FAIR:

JULY 3RD-6TH - CALL 606-845-4641 IF YOU WOULD LIKE TO VOLUNTEER AT FLORAL HALL.

UPCOMING!

- **October 3 - 2024 Fleming County Cultural Arts Day**
 - **Entry drop off 9am-12pm**



ANNUAL MEETING 2024





JUNE

2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 2024 Donna Fryman Walking Challenge ENDS	3	4 Homemaker Membership Day Out, Carlisle KY	5	6	7	8
9	10	11 11am- CTTC 12pm- Hillsboro HM Meeting	12	13 12pm- Cooking Through the Calendar	14	15 Fleming Co. Farmer's Market Opening Day
16 	17	18	19	20 6pm- Country Neighbors	21	22
23	24 6pm- Treasures of the Heart	25 Baby Quilt Day 9am-4pm	26	27	28	29
30						

JULY

2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 -----Fleming County Fair----- 	5 	6
7	8	9	10	11	12	13
14	15	16 11am- CTTC 12pm- Hillsboro HM Meeting	17 Adventure Day Camp - Chamber of Commerce	18 12pm- Cooking Through the Calendar	19	20
21	22	23 9am-4pm Baby Quilt Day	24	25	26	27
28	29 6pm- Treasures of the Heart	30	31			August 3rd - Farmers Market Customer Appreciation Day

COOKING THROUGH THE
Calendar



June 11th - Hillsboro Christian Church, 11:00am
 June 13th - Fleming County Extension Office, 12pm

July 16th - Hillsboro Christian Church, 11:00am
 July 18th - Fleming County Extension Office, 12pm

JUNE RECIPE: Fruited Coleslaw
JULY RECIPE: Quick Cousous Salad

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

Fleming County Extension Office
 1384 Elizaville Ave
 Flemingsburg, KY 41041
 (606) 845-4641



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.





JUNE 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, SUMMER EDITION

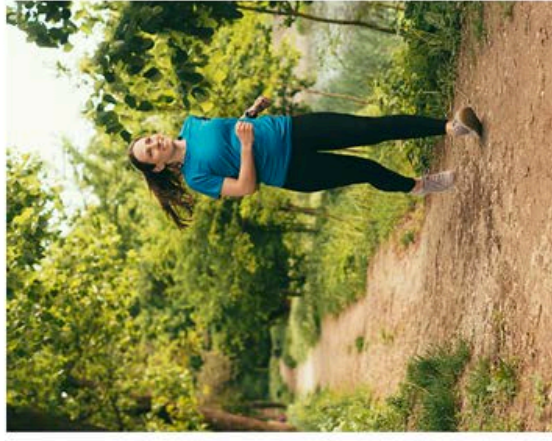


As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

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When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.



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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending

time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

Written by: Katherine Jury, MS
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Designed by: Rusty Marceau
Stock images: Adobe Stock





Farmer's Market Skillet Bake

½ small onion, finely chopped	2 cups shredded mozzarella cheese, divided	4 medium sized tomatoes, sliced
2 cloves garlic, minced	1 medium summer squash, sliced	1 teaspoon salt
4-5 small red potatoes, sliced	1 medium zucchini, sliced	1 teaspoon pepper
1 tablespoon olive oil		5 fresh basil leaves, finely chopped, divided

Preheat oven to 375 degrees F.
Prepare onion, garlic and sliced potatoes (about ¼ inch thick). **Heat** olive oil over medium heat in a 10 or 12-inch oven safe skillet. **Add** onion, garlic, and potatoes to pan and **stir** to coat with oil. **Cook** over medium heat, **stirring** occasionally until golden brown and tender. **Add** 1 cup mozzarella cheese. In a bowl, **toss** together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil. **Layer** squash

and tomato slices over the potato and cheese layer. **Top** with remaining mozzarella cheese. **Bake** 35 minutes or until vegetables are tender and cheese is melted. **Remove** skillet from oven and **top** with remaining basil.

Yield: 8, 1 cup servings

Nutritional Analysis: 200 calories, 8 g fat, 4 g saturated fat, 20 mg cholesterol, 490 mg sodium, 24 g carbohydrate, 3 g fiber, 5 g sugars, 10 g protein.