Summer is a great time to visit the Extension Office. The Farmers Market will be in complete swing this month, along with our Produce Auction. Take time to invest in our local farmers with your support.

Don’t forget about our annual meeting! We would love to have as many come for this annual celebration of the hard work we accomplished this year.

If you need anything from us, please do not hesitate to call, email, or stop in the office.

Sincerely,

Nicole Gwishiri
Bath County Extension Agent for Family and Consumer Sciences

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Family And Consumer Sciences Extension News!

Happy June! I cannot believe we are already at month six of 2018! It has been a whirlwind of things happening, that can be sure. Ruby Butler, Lois Ginn, and Mary Ann Lewis represented Bath County at the KEHA State Meeting this year. We had a great time. It will be in Louisville next year as well and we are hoping more people will be able to attend and participate in the learning sessions. We are still in the running for the membership award. This month our annual meeting for Bath County Homemakers is occurring on June 12. The theme is a garden party! Please turn in pictures from your groups, activities, and brag sheets! Also, your chairmen reports are due ASAP! If you need another copy, please let me know.

We hosted our first session of Cook Thru the Calendar in May. We had a great turnout and time. This month’s will be on June 21. We are also participating in the Bicycle Rodeo at Owingsville Elementary School on June 19. If you are able to volunteer, please let me know. Laykin Butcher—SNAP Ed Assistant, will be hosting a Culinary Camp June 27-29. It is sure to be fun and is geared towards adults. Please call to sign up!

Fair season is upon us. I hope you all are getting your cultural arts and other entries ready. Intake will be on Monday, July 9 from 3-6 pm. We are seeking volunteers for that, as well as during the hours of the Exhibit Hall opening. Those dates are July 10-12. Times will be finalized this month. I greatly appreciate all of your support in helping with this part of our fair.

A Message From Your President!

Hello ladies and gentlemen! Well, I think summer has arrived, but also it has brought along a lot of rain. I know farmers have hay they want to get done, but it’s hard with all of this rain. Hopefully when it does stop it doesn’t stay for too long because we need that rain. I want to say just a little bit about the Homemakers State Meeting. Our county was to register all the quilt blocks that were submitted. We had 245 blocks. Some of the most beautiful blocks I have ever seen. Mary Ann Lewis and Ruby Butler went with me to help do this, and I just wanted to say thank you, and you worked hard. It was greatly appreciated. Our county sent in 15 blocks, and I want to say thank you to all those ladies. We appreciated you doing them. Our Annual Homemakers dinner is Tuesday, June 12 at 6:00 PM. Our Vice-President Emily Tubbs has worked hard on this getting it together and just wanted to thank her and appreciate all she has done. I hope to see everyone at the dinner. Soon it will be Fair time, and I know they were working on some excellent ideas. Can hardly wait to see it. Hope everyone comes out and enjoys the Fair. If you have any questions or ideas, please feel free to call me anytime.

— Lois Ginn

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Special points of interest:
- 6/12: Bath County Annual Dinner
- 7/9-14: Bath County Agricultural Fair
- 7/17: Bath County Homemaker Council Meeting
- 7/13, 7/20, & 7/27: Power Of Produce Club

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Bath County Cooperative Extension
KEHA News!

Have a great day to all of you born in June!

Becky Anderson
Charlene Clemmons
Cooper Cox
Lisa Dailey
Margaret Dawson
Carol Everman
Lois Ginn
Dottie Goodpastor
Anita Heath
Sharon Heggi
Judy Hughes
Helen Reynolds

To be recognized for your birthday send in your birthdates to the office!

Have you ever wondered how long those items in your refrigerator last if you want to eat it without getting sick? Do you want to learn new recipes to incorporate into your daily diet that is healthy, nutritious, and delicious? Well, Culinary Boot Camp has drafted YOU! We will learn various cooking terms and techniques, discuss meal planning, and create a menu for the last day of boot camp. We will also discuss food safety, as well as gain knowledge and skills to implement in the home today! Come out, have fun, learn something new, and eat healthy! Call 606-210-1514 to sign up.

When: June 27-29
Where: Bath County Ag Center
Time: 10am - 1pm
Free! Bring a friend!

Garden Party

This year’s annual meeting is almost here! Each club is expected to setup and cleanup (different from years past). We will be setting up at noon on June 11. Let’s Chicken is catering. Please remember to bring a side dish—vegetable, salad, bread, or dessert. We are exchanging potted plants, seeds, or produce for our game! One per person, please!

Send list of community service, new members, remembered members, perfect attendance, and top 2 readers from each club to Emily Tubbs at embarber31@gmail.com or 90 Wells Avenue, Owingsville.

*See you on June 12 at 6 pm!

LET’S CAN!!!

Turn your fresh foods into pantry staples.

Learn the basics to safely preserving food at home! If you have an interest in learning more about food preservation, this is the class for you! Gain the skills to safely preserve homemade jam, salsa, or a variety of fruits and vegetables.

Why Preserve Foods?
• Save money
• Reduce food waste
• Limit sugar and salt
• Follow family traditions
• Get better-tasting food

COOPERATIVE EXTENSION
University of Kentucky
College of Agriculture, Food, and Environment

PERMANENT HEALTH
Putting healthy food within reach

DATE: July 20, 2018
LOCATION: Bath County Extension Office
TO SIGN UP, CONTACT: Nicole Gwinn (Bath), 606-674-6121

Broccoli Salad
and other items to make this a full meal. This class includes learning more about how to stay active at any stage of life, a nutrition lesson, and preparing a full meal!

* Pick up calendars at any time!

When: June 21
Where: Bath Ag Center
Time: 10 am

Please call the office to reserve your spot! This is important for planning purposes! Thanks so much!

Culinary Boot Camp

Have you ever wondered how long those items in your refrigerator last if you want to eat it without getting sick? Do you want to learn new recipes to incorporate into your daily diet that is healthy, nutritious, and delicious? Well, Culinary Boot Camp has drafted YOU! We will learn various cooking terms and techniques, discuss meal planning, and create a menu for the last day of boot camp. We will also discuss food safety, as well as gain knowledge and skills to implement in the home today! Come out, have fun, learn something new, and eat healthy! Call 606-210-1514 to sign up.

When: June 27-29
Where: Bath County Ag Center
Time: 10am - 1pm
Free! Bring a friend!

FREE THINGS YOU CAN MAKE THIS MONTH

When: June 21
Where: Bath Ag Center
Time: 10 am

Please call the office to reserve your spot! This is important for planning purposes! Thanks so much!

Culinary Boot Camp

Have you ever wondered how long those items in your refrigerator last if you want to eat it without getting sick? Do you want to learn new recipes to incorporate into your daily diet that is healthy, nutritious, and delicious? Well, Culinary Boot Camp has drafted YOU! We will learn various cooking terms and techniques, discuss meal planning, and create a menu for the last day of boot camp. We will also discuss food safety, as well as gain knowledge and skills to implement in the home today! Come out, have fun, learn something new, and eat healthy! Call 606-210-1514 to sign up.

When: June 27-29
Where: Bath County Ag Center
Time: 10am - 1pm
Free! Bring a friend!

Thought of the Month

Without change nothing would grow, and without growth, nothing would survive.

Everyone Deserves a Safe and Healthy Home

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin. This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP. USDA is an equal opportunity provider and employer.
COOPERATIVE EXTENSION
University of Kentucky
College of Agriculture, Food, and Environment

Get Moving Bath County
Walking For Wellness

Every Monday at 8:30 am at Sharpsburg Community Center, starting June 11 - July 23.

Every Wednesday at 8:30 am at Owingsville Elementary School track starting June 13 - July 25.

Are you interested in living a healthier and more active life for you and your family? Look no further! Join our weekly walking group and start a fitness journey to a healthier life. Attend at LEAST 5 walking groups and be entered into a drawing for a Fitness Tracked Pedometer.

Reasons You Should Join Our Walking Group:
- Lowers blood pressure
- Relieves stress & improves mood
- Helps manage weight
- Reduces risk of heart disease & cancer
- Spend time with family
- Meet new people
- Get a free Pedometer & Water Bottle

For more information, contact Nicole Gwizdski at the Bath County Extension Office. 606-674-6121

June 2018

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<th>SUN</th>
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<td>5</td>
<td>6 Scrapbook Club (10a) Ex. Off.</td>
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<td>30 Farmers Market (8a) Ex. Off.</td>
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Additional events:
- Bicycle Rodeo (9a) OES
- Cook Thru Calendar (10a) Ex. Off.
- Produce Auction (5p) Ex. Off.
DIY: Try It Out! Tin Lantern!

**Supplies**
- Hammer
- Towel
- Marker
- Nail or Screw
- Tin Can or Tin Bucket
- Candle or LED Light
- Water

**Directions**
1. Gather supplies. Fill can or bucket with water and freeze.
2. After water is frozen, lay tin on a towel and wipe clean. Dry as much as possible.
3. Mark your dots on the outside of tin.
4. Line nail with dots. With tin laying on its side, hammer nail into tin.
5. Wipe clean again to remove marker residue. Repeat on all sides.
6. Place candle or LED Light in base of tin and light up.

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Check It Out! Kentucky Proud Recipe!

**Cheesy Broccoli Potatoes**

- **5 slices** turkey bacon
- **1 tablespoon** olive oil
- **1 clove** garlic, minced
- **2 tablespoons** chopped chives
- **4 large potatoes**, cubed
- **2 cups** fresh broccoli florets
- **1 cup** fat-free, shredded cheese

**Preheat** oven to 425°F. **Cook** bacon until crispy, crumble and set aside. **Spray** 9x13-inch baking dish with non-stick cooking spray. In a small bowl, **combine** olive oil, garlic, chives, salt and pepper; stir to blend. In a large bowl, **toss** together potatoes and broccoli. **Pour** olive oil blend over potato mixture; **stir** to coat. **Pour** into baking dish and **cover** with foil. **Bake** for 35 minutes or until potatoes are tender; **remove** from oven. **Sprinkle** cheese and bacon on top and place back in oven until cheese melts.

**Yield:** 8, ½ cup servings.

**Nutritional Analysis:** 140 calories, 5 g fat, 1 g saturated fat, 20 mg cholesterol, 470 mg sodium, 15 g carbohydrate, 2 g fiber, 2 g sugar, 10 g protein.

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2017-18 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

14. JEWELRY .......................................................................................................... Original Design
   Beaded
   Mixed Media (wire, chain maille, mixed with beads)
15. KNITTING ........................................................................................................ Hand
16. NEEDLEPOINT .................................................................................................. Cloth Canvas
   Plastic
   Acrylic
   Water Color
18. PAINTING, CHINA
19. PAINTING, DECORATIVE ............................................................................... Black & White (mounted & framed)
   Color (mounted & framed)
20. PHOTOGRAPHY ................................................................................................ Machine Appliqué (machine quilted)
   Hand Appliqué (hand quilted)
   Hand Pieced (hand quilted)
   Machine Pieced (hand quilted)
   Machine Pieced (machine quilted)
   Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
   Baby or Lap (hand quilted)
   Technology Based (hand or machine quilted)
   Miscellaneous (hand or machine quilted)
23. RECYCLED ART (Include a before and after picture) ...................................... Clothing
   Household
   Other
24. RUG MAKING
25. SCRAPBOOKING**** ...................................................................................... Heritage Layout
   Family Layout
   Miscellaneous Layout
   Collage Layout
   Fabric
   Other
26. WALL or DOOR HANGING .............................................................................. Loom
   Hand (macramé, crocheting)
28. MISCELLANEOUS .......................................................................................... Items not included in other categories listed, otherwise they will be disqualified

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** The pillow category is for pillows made using techniques not included in other categories. Patchwork and quilted pillows are examples that may be entered in this category; however, needlepoint and embroidered pillows should be entered in their respective categories.

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

****Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

Handbook 43
June 2017
We all want to eat food that tastes good. One of the most common ways we make food taste good is by adding salt. Unfortunately, most American diets are too high in sodium. Diets high in sodium can raise blood pressure, which can lead to many major health issues including heart disease and stroke. Herbs provide a great way for us to limit our sodium intake while still consuming flavorful foods.

Herbs are also some of the easiest things to grow. You don’t even have to have a garden. Many herbs can be grown inside. The simplest way to start is to buy plants and transfer them to individual containers. Set them in a windowsill that receives plenty of sunlight and regularly water them. Your local farmers markets and garden centers should have plants available. You can also grow herbs from seed. Make sure you plant them in an area that receives at least six hours of sunlight a day. Rosemary, basil, parsley, sage and chives grow well indoors or outdoors, as long as they have plenty of sun and protection from cold.

Sweet basil, dill, cilantro and oregano are annual herbs. They grow for just one season and then die. Marjoram, sage, thyme, mint and chives are perennial herbs. Perennial herbs come back each year. You can harvest annual herbs until frost. Stop harvesting perennial herbs in late August to give the plants time to prepare for the winter. You may even want to bring some of your perennials indoors for the winter.

You can harvest herbs once the plant has enough leaves to maintain growth. In early morning right after the dew dries, clip undamaged leaves that have a nice aroma. Rinse with cool, running water to remove dust and soil; then pat dry with a paper towel.

Once harvested, you can preserve herbs by drying or freezing. If you plan to dry herbs for use all year, harvest them when they contain the maximum amount of essential oils. For leafy herbs, harvest just before the bud opens. For seed herbs, harvest when the seeds change from green to brown. For flowering herbs, harvest just before full blooming occurs.

By experimenting with different herb combinations, you can use less salt, experiment with unique flavors and still have delicious meals. For best results, chop or mince herbs before cooking. Heat increases the rate at which herbs release their flavors. For dishes that require longer cooking times, add delicate-flavored and ground herbs at the end, so their flavor will not escape. Some herbs, such as bay leaves, rosemary and thyme require longer cooking times and should be added at the beginning.

Add herbs several hours in advance or overnight to uncooked foods, such as salad dressings or marinades. This will allow the flavors to blend with the other ingredients. If you have to substitute dried herbs for fresh herbs in a recipe, use one-third the amount of dried herbs since the flavor is concentrated.

To help better use herbs for certain dishes see the chart below:

<table>
<thead>
<tr>
<th>Herb</th>
<th>Uses</th>
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<tbody>
<tr>
<td>Basil</td>
<td>Goes well with fish, shellfish, and vegetables such as tomato, zucchini and eggplant</td>
</tr>
<tr>
<td>Chives</td>
<td>Use in fish, soups, salad dressings and on baked potatoes or steamed vegetables. Chives taste better when preserved by freezing rather than drying</td>
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<tr>
<td>Dill</td>
<td>A mild herb that is excellent in yogurt sauces, rice dishes and soups. Also goes well with fish and vegetables like cucumbers and carrots.</td>
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<tr>
<td>Oregano</td>
<td>Essential in soups, stews, and sauces. It is found in most tomato sauces and Italian dishes. Use in salad dressings, soups or bean and vegetable dishes. Oregano tastes best dried.</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Use this strong, fragrant herb when making roasted potatoes or chicken, homemade bread, soups, rice and marinades.</td>
</tr>
<tr>
<td>Parsley</td>
<td>Use parsley dishes to spice up salads, soups, beans, fish and vegetables such as tomatoes, artichokes and cucumbers. Fresh parsley is preferred over dried parsley.</td>
</tr>
<tr>
<td>Thyme</td>
<td>An aromatic herb that goes well with poultry, seafood and many bean and vegetable dishes including eggplant, tomatoes, mushrooms, squash and onions.</td>
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</table>

Seasoning your dishes with herbs will allow you to serve delicious, nutritious meals to your family. For more information about growing, preparing and preserving herbs, or additional ways to provide nutritious family meals, contact Bath County office of the University of Kentucky Cooperative Extension Service.

Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.
JUNE 2018

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: https://fco-hes.ca.uky.edu/content/health-bulletines

Bath County
Extension Office
2914 E. HWY 60
Owingsville, KY 40360
(866) 674-8121

THIS MONTH’S TOPIC:
GET TESTED FOR HIV

June 27 is National HIV Testing Day. About 1.1 million people in the United States are living with HIV, and 1 in 7 of them do not know it. The only way to know for sure if you have HIV is to be tested. Do not let HIV stigma stand in the way of your health.

What is HIV?
HIV stands for human immunodeficiency virus. It weakens a person’s immune system by destroying important cells that fight disease and infection.

How do I know if I have HIV?
The only way to know for sure if you have HIV is to be tested.

The CDC recommends that everyone age 13-64 be tested for HIV at least once as part of a routine healthcare checkup.

Continued from page 1

The CDC recommends that everyone between the ages of 13 and 64 be tested for HIV at least once as part of a routine healthcare checkup. A general rule for those with risk factors is to be tested annually. Top risk factors include:

- Having sex — anal or vaginal — with an HIV-positive partner
- Having had more than one sex partner since your last HIV test
- Having injected drugs and shared needles or “works” (such as cookers, cotton or water) with others
- If you are pregnant or planning to get pregnant, to protect yourself and your baby

HIV in Kentucky
According to the 2017 CDC HIV Surveillance Report, southern states, including Kentucky, accounted for approximately 45 percent of all people living with an HIV diagnosis. In 2016, the South accounted for 53 percent (9,584) of the 18,160 new AIDS diagnoses in the United States. Those under 35 account for 56 percent of new HIV diagnoses in 2016.

The number of people in the United States who have injected drugs has increased because of the opioid epidemic. Injecting drugs and sharing needles can increase your chances of getting or transmitting HIV. If you are injecting drugs, use only sterile needles and works. Never share needles or works.

The risk for getting or transmitting HIV is very high if needles or works are shared. This is because they may have someone else’s blood in them, and blood can transmit HIV and other infections.

Where can I get tested?
Knowing your HIV status helps you choose options to stay healthy. Ask your doctor for an HIV test, or find a testing site near you by going to: https://gettested.cdc.gov. Just enter your zip code to find an HIV testing location near you. Many testing locations are free and all are confidential.

REFERENCES:

- https://www.cdc.gov/staging/ads/campaigns/gettesting/testing.html

Written by: Natalie Jones
Edited by: Carmen Wheeler
Designed by: Risty Mamese
Stock images: 123RF.com

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Cooperative Extension Service
University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service