

CALDWELL COUNTY HOMEMAKERS

April-May 2024
Newsletter

 Cooperative
Extension Service



Save the Date!

April 18

Community Baby Shower

April 25

Laugh & Learn

April 29

Get Healthy With Pickleball
(In-person)

April 30

Get Healthy with Pickleball
(Zoom)

May 2

Homemaker Council

May 7-9

KEHA Annual meeting

May 10

Laugh & Learn

June 4, 11, 18, 25

Food as Health



**KEHA State Meeting
Holiday Inn University Plaza
Bowling Green, KY
May 7-9, 2024**

"Wherever you go, no matter the weather, always bring your own sunshine."

~ANTHONY J. D'ANGELO

Ashley Board

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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

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Lexington, KY 40506



HOMEMAKER UPDATES



Homemaker Leader Lesson: Get Healthy with Pickleball

Pickleball is an easy, affordable, fun, and social game that combines features of badminton, ping-pong, and tennis. Learn the rules of the game and how it can enhance physical, mental, and social health in this lesson taught by Caldwell County FCS Agent Ashley Board. An in-person session will be held April 29, 2024, at 10:00 am at the Caldwell County Extension Office. Zoom sessions will be held April 30, 2024, at 10:00 am and 5:00 pm. Zoom links will be emailed to lesson leaders. Email ashley.board@uky.edu for the Zoom link if you are not a lesson leader and would like to attend.

Cultural Arts

The Pennyrile Area Cultural Arts Contest was held March 8 at the Christian County Extension Office. 141 items were entered: 47 received blue ribbons, 42 received red ribbons, and 23 received white ribbons. Please join me in congratulating the Caldwell County ribbon winners.

Linda Crenshaw

Blue: Color Photography

Judy Goodaker

Blue: Recycled Art, Other

Debbie Hanna

White: Recycled Art, Clothing

White: Recycled Art, Household

Sue Herndon

Blue: Basketry, Novelty

Red: Acrylic Painting

Krysty Mitchell

Red: Handmade Doll/ToyMaking

Homemaker Council

The Homemaker Council will meet May 2, 2024, at 10:00 am at the Caldwell County Extension Office. If you are unable to attend, please send a representative from your club.

KEHA Annual Meeting

The KEHA Annual Meeting will be held at the Holiday Inn University Plaza in Bowling Green, KY, May 7-9, 2024. You should receive the State Newsletter in the mail with registration information. It is also available online at <https://keha.ca.uky.edu/content/state-meeting-information>. Contact Ashley if you have any questions about registering.

2024-2025 Leader Lessons

Leader Lessons will continue in a hybrid format. The agent teaching will offer an AM and PM Zoom and in-person session. The in-person session will be offered in the county in which the agent is located. The AM Zoom session will be available for viewing at the Extension Office. Lesson topics and descriptions will be available soon.

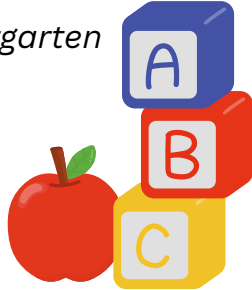
LAUGH & LEARN PRESCHOOL PLAYDATES

April 25 & May 10

10:00 am

Caldwell County Extension Office

Laugh & Learn is for children ages 5 and under and is designed to build kindergarten readiness skills through play. Call 270-365-2787 to sign up. Children must be accompanied by an adult.



Community Baby Shower

April 18, 2024

4:30-6:30 pm

Butler Gym

New and expectant mothers are invited to attend the annual community baby shower hosted by HOPE and COPE centers.



Sessions Offered at 1:00 pm and 5:30 pm*

**Note: 5:30 pm will only be offered if at least 7 participants pre-register.*

Attend Each Week or Pick & Choose.

Register by May 31.

June 4: Food as Health on a Budget

Learn about the relationship between the foods we eat and our overall health along with some tips and tricks to save money and prevent waste while making nutritious choices.

June 11: Food as Health for Heart Disease

Identify the relationship between food and heart health including foods to choose more and less often for heart disease prevention and management.

June 18: Food as Health for High Blood Pressure

Identify the relationship between food and high blood pressure including foods to choose more and less often for high blood pressure prevention and management.

June 25: Food as Health for Diabetes (1:00 pm only)

July 2: Food as Health for Diabetes (5:30 pm only)

Identify the relationship between food and diabetes including foods to choose more and less often for diabetes prevention and management.

Oven Canning is Not Safe

Oven canning is the process of placing food in jars, applying lids, then heating in an oven for a period of time until “done.” When you remove the jars and allow them to cool, the lids seal, and it is supposedly safe for the jars to sit at room temperature. However, this is not true. Oven canning is not a safe way to preserve food. Just because you used canning jars and the jar sealed, it doesn’t mean the food was preserved and is safe to eat. Food that you can in an oven has not reached a safe internal temperature and you should not store it at room temperature or eat it.

The goal of canning is to destroy spoilage microorganisms and harmful bacteria that would otherwise be able to survive in the food at room temperature. It refers to heat treating closed containers of food for a set amount of time at a set temperature. The canning process uses moist heat to reach temperatures of 212 degrees F inside jars processed in a boiling water bath canner and 240 degrees F inside jars processed in a pressure canner. Using dry heat from an oven will not achieve these temperatures inside jars of food. Food canned in an oven will be underprocessed and runs the risk of bacterial contamination. Low acid foods in particular may be contaminated with the botulinum toxin, which causes botulism, a deadly form of food poisoning.

It is also important to understand that canning jars are not designed for use in an oven. The dry heat can cause the glass to crack or shatter. Jars can explode in the oven causing personal injury and damage to the oven.

You should always use up-to-date, research-based canning recipes and processing procedures when canning food. Not all recipes on the internet or social media are research-based. You can find research-based recipes in the Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving, or the National Center for Home Food Preservation’s website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make changes to ingredients or the processing instructions. Not following the recipe precisely may result in sickness or death.

For more information on safe food canning and research-based recipes, contact your local Extension Office.

References: <https://extension.psu.edu/avoid-open-kettle-or-oven-canning> and <https://www.nal.usda.gov/exhibits/ipd/canning/exhibits/show/techniques/processing/oven>

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



Free Pressure Canner Testing

You can have your Presto Dial Gauge Pressure Canner tested at the Extension Office at no charge. It is best to call ahead or schedule an appointment. Bring the entire lid with the gauge and gasket attached as well as the weight.