

August 2021



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

EXTENSION HOMEMAKERS

Cooperative Extension Service

Adair County
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Columbia KY 42728
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<http://adair.ca.uky.edu>



Beautiful Zinnias from the flower garden of Sandra Watts. "They are a big hit with the butterflies" says Sandra.

DID YOU PLANT THE ZINNIA FLOWER SEEDS OR ANY VEGETABLES FROM THE **SPRING** GRAB BAG? IF SO, SEND A PICTURE AND A BRIEF STATEMENT AND WE'LL SHARE THEM IN FUTURE NEWSLETTERS.

Email to: tbright@uky.edu
or drop off at the Extension Office at
409 Fairground Street in Columbia.



SMART TIPS

**Exercise safely
in hot weather:
hydrate, hydrate, hydrate**

When the weather heats up, make sure you drink enough fluids during the day to stay hydrated. Enjoy water-rich foods including crisp lettuce, watermelon, grapefruit, broccoli, and tomatoes.

It's very easy to lose a few pounds of water weight through sweating. Weigh yourself before and after working out. Replace each pound of weight loss with 2 to 3 cups of water. Water is a good choice because it moves quickly through your intestines and into your tissues. If you sweat a lot or workout for more than 60 minutes, sports drinks can help your body refuel and rehydrate.

Source: Adapted from <https://www.eatright.org/fitness/sports-and-performance/hydrate-right/exercise-safely-in-hot-weather>

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.

PROGRAMS DESIGNED FOR YOUR 2021-2022 HOMEMAKER CLUB MEETINGS

- **September 2021**- Plate It Up – KY Proud
- **October 2021**- Creative Arts for Mental Health
- **November 2021**- Know Your Money Style
- **January 2022**- Keeping You and Your Plants Healthy
- **February 2022**- Hunger Simulation
- **March 2022**- to be announced
- **April 2022**- to be announced
- **May 2022**- Living with Loss

If you are a club member, be courteous and notify your club president that you will be in attendance at your club meeting.

If you are a mailbox member and would like to attend a club meeting or Leader Training meeting, please call the Extension Office at 270-384-2317.

LEADER TRAINING

Tuesday – August 31
12:00 Noon

Adair County Extension Office
Lesson: Plate It Up – KY Proud
Jordan Crain, Green Co. FCS Agent
will be the instructor.

Make plans to attend
if you are the lesson leader.

Homemakers Council Meeting

Tuesday – August 24
5:30 pm

Adair County Extension Office
If you have any items for the Agenda, please call the
Extension Office at 270-384-2317

NOTE: Club Presidents are highly encouraged to
attend this meeting. You will receive important
information about Extension Homemakers programs
and activities for the new program year.

Thought for the Month:

"I love borders. August is the border between summer and autumn; it is the most beautiful month I know."

- Tove Jansson

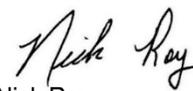
What season do you prefer...Summer or Autumn? Why?

This or That:

In each row, circle the answer that best represents you!

Chocolate	Vanilla
Burger	Pizza
Tea	Coffee
Cats	Dogs
Silver	Gold
Sneakers	Dress Shoes
Popcorn	Ice Cream
Beach	Mountains
Singing	Dancing
Comedies	Drama
Books	Television
Driving	Riding
Cooking	Cleaning
Staying In	Going Out
Saving	Spending
Extrovert	Introvert

Provided by the Christian County Extension Homemakers.



Nick Roy
County Extension Agent
for Agriculture & Natural
Resources



Tony Rose
County Extension Agent
for 4-H Youth
Development

COMING SOON ... Mark Your Calendars!

September & October – Membership Renewal

September Monthly Club Meetings begin

October 8-9 Downtown Days

October 10-16 KEHA Week

October 15-16 Membership Drive-Thru
(more details coming soon)

November 20 Bazaar

Pecan Sales Fundraiser just in time for the
holiday season!



SUCCULENTS WORKSHOP

August 5th – 10:00 am

Adair County Extension Office at 409 Fairground Street in Columbia KY

Register by calling the Extension Office at 270-384-2317.

Learn how to grow succulents from local expert Lena Miller!

Pre-registration is required.

For more information on registration fees, contact the Extension Office.

Start a Succulent Garden

- Since they are easy to grow and low maintenance, succulents are a great introduction project for beginning gardeners.
- Succulents include cacti, agave, aloe, euphorbia, jade and echeverias. These plants can survive in hot, dry climates like deserts. They store moisture in their stems and leaves from rainy periods and have slower evaporation rates than other plants.
- With just a few materials and plants, you can easily create a succulent or desert dish garden. You will need a dish, pan or tray that is at least 2 inches deep, small succulents and pea gravel, sand and potting mix for a growing medium. You can also add other items such as wood, small figurines and rocks to the garden for interest.
- To make the garden, clean the container and fill it about one-quarter-inch full of pea gravel. Then, add a three-quarter-inch thick layer of sand. Top it off with a three-quarter-inch layer of potting mix. When all three are added, the growing medium should have a one-quarter-inch space from the top of the container.
- Remove the plants from the original pots. Arrange the plants in the garden to make sure all can be seen. Some simple designs are taller plants in the middle and shorter plants on the sides or taller plants in the back and shorter ones in the front.
- Make holes in the growing medium large enough to accommodate the plants' roots. This may mean removing some of the medium from the container and that is perfectly fine. Plant the larger succulents first and press the growing medium around the roots and base of each plant.
- If you chose to add other decorative items, now is the time to add them to the container.
- Immediately water the garden, being careful not to overwater. Drain any excess water from the dish by carefully tilting it. Remember these plants love hot, dry conditions. Choose a room that gets a lot of sun and has low humidity. Overwatering is a big concern. Keep the growing medium relatively dry. You may only need to water the plants every two to three months.
- Occasionally rotate the dish so all plants get equal sunshine. If any plant outgrows the container, move it to a larger dish.

Source: Ashley Osborne, 4-H Youth Development Specialist



Cooking with Oils and Vinegars

Oils and vinegars are great ways to add flavor and health benefits to your diet without using butter. But with many different options of each at the grocery store, it can be difficult to determine the type of oil or vinegar that best suits your cooking needs and diet.

Oils have anti-inflammatory, antioxidant and antibacterial properties. Some of the commonly used oils include olive, canola, vegetable, peanut and coconut.

Each of these oils has a different temperature at which it breaks down. This helps to determine its best use. Olive oil begins to break down at very low temperatures, so it is best used in salad dressings and marinades and for sauteing or drizzling. On the opposite side of the spectrum, peanut oil has the highest heat tolerance, and it is commonly used for frying foods. Canola, vegetable and coconut oils all have a moderate heat tolerance. You can use canola and vegetable oils for sauteing, baking, grilling, roasting, marinades and salad dressings. Coconut oil is used for sauteing, baking, frying and roasting. It is also used in many cosmetic products including lip balms and skin and hair care products.

The type of oil you choose may depend on the health benefits you are looking to receive from the oil. Numerous research studies have confirmed that olive oil is rich in monosaturated fats. These “good fats” may reduce your risk of rheumatoid arthritis, diabetes, cancer and inflammatory bowel disease. Canola and vegetable oils do not have as many healthy fats as olive oil but are still good choices if you are looking to reduce your saturated fat intake. These plant-based oils may have health benefits including reduced risks for cardiovascular disease, insulin sensitivity, high cholesterol and inflammation. Since peanut oil has less monosaturated fats than olive, canola and vegetable oils, it may not be the healthiest choice if you want to add healthy fat to your diet. Coconut oil is made up of mostly saturated fat and has 121 calories per tablespoon. Due to its high saturated fat content, it should be used sparingly and may have a greater benefit for its cosmetic uses.

Regardless of which oil you choose to use, remember they all contain fat and calories and have a daily recommended allowance. According to MyPlate, adults should only consume 5 to 7 teaspoons of oil per day.

People have used flavored vinegars in cooking for centuries because of their antioxidant properties. Balsamic, apple

cider and red wine are common types. Balsamic vinegar has a woody, sweet and tart flavor. It is most commonly used in salad dressings, sauces and drizzling for fruit and vegetable and meat dishes. Red wine vinegar adds a tart flavoring to hearty meals. It is used in salad dressing, soups, sauces, marinades and pickling and pairs well with beef, pork and root vegetables. Apple cider vinegar packs a lot of flavor in a small amount. It has a tangy taste with a slight hint of apple. It is used in salad dressings, marinades, sauces and soups. You can also use it to add flavor to hot and cold drinks like teas and smoothies.

More information on oils and vinegars is available in the University of Kentucky Cooperative Extension publication, “Savor the flavor: Cooking with oils and vinegars.” It is available online at

<http://www2.ca.uky.edu/aqcomm/pubs/FCS3/FCS3628/FCS3628.pdf>

Sources: Heather Norman-Burgdolf, assistant extension professor, Annhall Norris, extension specialist, Janet Mullins, extension professor

Box Tree Moth- New Pest Threatening Landscapes

The University of Kentucky entomologists and the U.S. Department of Agriculture are asking Kentuckians to monitor their boxwoods for a potentially serious insect pest, the box tree moth. Boxwoods purchased this spring are at the highest risk for the moth.



A native of East Asia, the box tree moth is an invasive pest that has potentially entered into the United States by the thousands via a shipment from Canada. Kentuckians are encouraged to look for signs of box tree moth damage on their boxwoods, especially young plants. This damage includes translucent leaves and webs on leaves similar to those of a tent caterpillar. Additional signs include chewed, cut or missing leaves, yellowing or brown leaves and green-black excrement on or around the plant. The caterpillars are green and yellow with white, yellow and black stripes and black spots. Moths have brown borders around their wings and white centers.

If homeowners suspect they have damage from the box tree moth or see the caterpillars, they should contact UK Entomologist Dr. Jonathan Larson at jonathan.larson@uky.edu or their local USDA office, who can confirm an infestation and destroy any infested plants.

Support Your Local Farmers Market

Growing season is in full swing, and your local farmers market has the freshest produce, meats and value-added products around.

When you purchase from a farmers market vendor, most of which are small, family operations, it reduces the time it takes for food to travel from a large, commercial farm to a grocery store and onto your dinner plate. This means that local growers can wait to pick the produce and deliver it to you when it is at the peak of freshness. At the same time, you are reducing fuel emissions and transportation costs the growers would have to pay to sell their products outside the county. Many times, farmers markets are closer to your home than a grocery store, so shopping at the markets could cut down on your fuel costs too.

Buying from farmers markets is good for the local economy and one way to preserve agriculture in rural communities. Farmers market purchases keep your money in your community. It allows growers with small-to-medium-sized operations to receive a fair price for their products without having to compete against large commercial growers. With an established, local market to sell their products, new growers have a viable entry into agriculture and an improved chance at success.

With much of the farmers markets products being fresh fruits and vegetables, you also have the opportunity to add more nutrition, vitamins and minerals to your family's plates. This can lead to healthier diets.

Buying from a local vendor can help you connect to the person who is growing your food. It can be a great lesson for your children on where food comes from. Over the course of the season, many repeat farmers market customers develop personal connections and friendships with vendors.

The local Farmer's Market on the Square is open on Wednesdays and Saturdays from 8:00am – 1:00pm and is located on the corner of Merchant Street in Columbia.

Source: Mark Williams, Horticulture Professor and Department Chair



Protect Your Plants During Home Renovations



Warm weather brings out the renovators in many of us. New sidewalks, a new deck or porch, new windows, even an addition to the house often happen while the weather is warm and dry. While your home may glow under the extra attention, your plants and trees might take a beating from workers, materials and equipment.

Workers can trample plants without realizing it. Even taking out old trees can damage plants beneath them if it's not done carefully, not to mention removing the shade those understory plants might require. While some plants can survive abuse like this, it's always best to take precautions before the work begins.

If you're having a new roof installed or your house painted, often just covering the plants with a sheet can protect them from toxic chemicals or wayward materials falling on them. Sheets are light enough to allow light and air in. If your plants are particularly delicate, you can set up a temporary scaffold to hold the sheets.

Root damage often happens from heavy machinery, which can compact the soil. Also, getting machinery into a yard with mature landscaping can sometimes pose problems. Always discuss this with your contractor well ahead of the work commencing. It may be necessary to prune plants prior to the work beginning. This could even entail pruning the roots of some plants. Sometimes you might have to remove an entire tree or shrub to allow large machinery to enter the property. A certified arborist can help ensure that these tasks are done correctly. If the plant is too large to be moved, you can cordon it off with stakes and fencing. Try to protect as much of the area around the tree as possible from traffic to avoid damaging the root system.

If you have vines that will be in the work area, either tie them out of the way or, if they're self-attaching like English ivy, cut them back. They'll regrow.

You can dig up smaller plants and bundle their roots in burlap. If you keep the burlap moist, they can survive that way for several weeks. If you need to move larger plants, it's best to bring in professional help to lift the shrub or tree and heel it into a prepared bed out of harm's way.

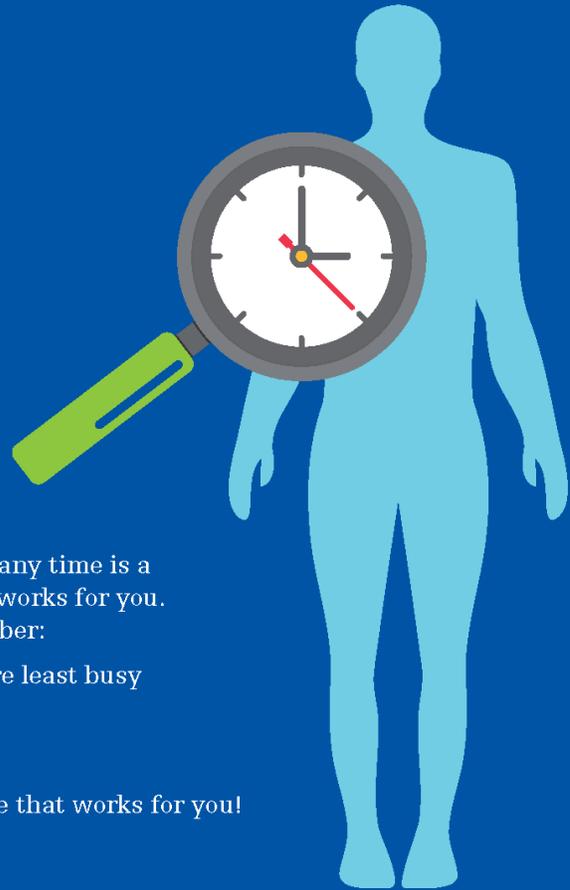
Source: Rick Durham, extension professor, Department of Horticulture

ANY TIME IS A GOOD TIME

THE BEST CANCER SCREENING IS THE ONE THAT GETS DONE.

We know that cancer screenings save lives. That is why any time is a good time for a cancer screening, especially a time that works for you. Here are some times that might make it easier to remember:

- Birth month
- Anniversary month
- Special date for you
- Month of your annual physical
- Time when you are least busy
- Around a holiday
- On your day off
- Best time is a time that works for you!



RIGHT SCREENING AT THE RIGHT TIME

Cancer screening recommendations vary depending on the test or exam and may also vary depending on your age, gender, personal health and family history. Talk with your health care provider to see how often you should consider cancer screening and which ones are right for you. Here are some general guidelines:

- **Breast cancer:** Mammograms once per year for women 40 and over.
- **Skin cancer:** Once per year is recommended, but it is best to talk with your health care provider to determine your risk.
- **Lung cancer:** Once per year if you are between ages 55-74, currently smoke or have quit within the past 15 years, and have an extensive smoking history, such as one pack a day for 30 years. Talk with your health care provider to determine your specific eligibility for a low-dose CT scan.
- **Colon and rectal cancer:** Consult your health care provider to determine which test is right for you. In general, most average-risk adults over the age of 50 can be screened once per year with an at-home stool blood test, every five years with a sigmoidoscopy or every 10 years with a colonoscopy.
- **Cervical cancer:** Women ages 21-65 should talk with your health care provider about screening with a Pap smear or human papillomavirus (HPV) test and how often you should have these exams.

For more information about screening programs at the UK Markey Cancer Center, visit us at markey.uky.edu or call us at 866-340-4488.





GARDEN PATCH SALAD



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Nutrition facts per serving:

110 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 135mg sodium; 20g carbohydrate; 6g fiber; 9g sugar; 0g added sugar; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 20% Daily Value of potassium.

Source: Beth Maxedon, Shelby County SNAP-Ed Assistant

- 1 pound (about 2) thinly sliced zucchini
- 1 pound (about 2) thinly sliced yellow squash
- 1 pound (about 2) peeled and thinly sliced cucumbers
- 2 thinly sliced bell peppers
- Cherry tomatoes, halved
- 1 thinly sliced white onion
- 2 tablespoons parsley flakes
- 2 tablespoons garlic powder
- 1 tablespoon apple cider vinegar
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1 teaspoon black pepper

1. In a large serving bowl, toss together all ingredients.
2. Let stand 10 minutes before serving.

Makes 5 servings

Serving size: 2 cups

Cost per recipe: \$9.02

Cost per serving: \$1.80





PEACH AND BLUEBERRY CRUMBLE



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

150 calories; 5g total fat; 3g saturated fat; 0g trans fat; 10mg cholesterol; 80mg sodium; 27g carbohydrate; 3g fiber; 18g sugar; 5g added sugar; 2g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

Source: Sarah Spears, Floyd County SNAP-Ed Assistant

- 1 (28-ounce) can peaches in juice, drained
- 1 1/2 cups fresh or frozen blueberries
- 1 cup old-fashioned rolled oats
- 3 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 3 tablespoons softened unsalted butter

1. Preheat oven to 350 degrees F.
2. Place peaches in a 10-inch cast iron skillet. Sprinkle blueberries on top of peaches.
3. In a separate bowl, using a fork, mix together oats, brown sugar, cinnamon, and salt with softened butter. Sprinkle oat crumble over top of peaches and blueberries.
4. Bake for 25 to 30 minutes.

Makes 8 servings

Serving size: 1 slice

Cost per recipe: \$5.92

Cost per serving: \$0.74





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 12 • ISSUE 8

THIS MONTH'S TOPIC: STEPS TO GUARD AGAINST IDENTITY THEFT

Identity theft is the most reported type of fraud complaint the Federal Trade Commission (FTC) and other enforcement agencies receive. It happens when a thief steals your personal information to impersonate you for the thief's gain. With identity theft occurring so frequently, you should take steps to reduce your risk.

HOW IT HAPPENS

Identity theft can happen in person or online. Examples of physical theft include stealing personal records from home or business trash, stealing mail, or taking information from a purse or wallet. Examples of online identity theft include skimming, phishing, data breaches, malware, or intercepting information over unsecured Wi-Fi. Skimming occurs when a thief attaches a device to a gas pump or ATM terminal that captures your information when you swipe your card. Phishing happens when someone sends an email that appears to come from a legitimate company in an attempt to trick you into sharing sensitive information. Some identity thieves obtain personal information through a data security breach or malware, which is malicious software that damages a computer or makes it vulnerable. Identity thieves also may try to intercept banking, shopping, or other information shared over unsecured Wi-Fi.



PROTECT YOURSELF

There are several steps you can take to reduce your risk of identity theft.

1. Shred documents that are no longer needed and take steps to keep your personal information private. Store your Social Security and Medicare cards in a safe or fireproof box. Keep your purse or wallet close to you. Use credit or debit cards by inserting the chip rather than swiping the card, since the chip offers more security features. For online business, use secure Wi-Fi on a device that has security software installed. If you are shopping or banking online, look for "https" in the web address or a "lock" icon. Use strong passwords that are unique, long, and unusual. Don't give out personal information over the phone or email. Be wary of opening email attachments. Think carefully before posting on social media, so that you don't give away clues to your security questions.



THERE ARE SEVERAL STEPS YOU CAN TAKE TO REDUCE YOUR RISK OF IDENTITY THEFT.



2. Monitor account statements regularly for unusual activity. Review statements carefully each month to make sure you recognize the transactions. Consider signing up for text or email alerts to notify you of unusual account activity. Also, review insurance statements, such as explanation of benefits, to ensure you recognize the services listed.
3. Check your credit reports. Monitor your own credit for free by checking your credit report at www.annualcreditreport.com or by phone at 877-322-8228. The three major credit bureaus – Equifax, Experian, and TransUnion – each offer access to at least one free credit report annually. Look for any incorrect information and be alert for any accounts that you didn't authorize. You can dispute any incorrect details with the credit bureau.

Be aware that companies that sell “identity theft protection services” are most likely monitoring your accounts in the same ways you can for free. Learn more at <http://bit.ly/IDtheftProtectionInfo>.

VICTIM RESOURCES

If you suspect identity theft, visit identitytheft.gov for victim resources. The website guides you through three steps to getting a recovery plan. Also, you can report it to the Kentucky Identity Theft Hotline at 800-804-7556 or visit <http://bit.ly/IDtheftKyAG>.

Identity theft victims can file a report with the local police department and contact the companies where the fraud happened. Consider placing a one-year fraud alert, an extended fraud alert, or credit freeze on your credit report. However, these only prevent new accounts from being opened in your name, so continue to monitor credit reports and account statements to catch any problems with current accounts.

REFERENCES

Federal Trade Commission. (2020). All Identity Theft Reports. (2020). <https://public.tableau.com/profile/federal.trade.commission#!/vizhome/FraudandIDTheftMaps/IDTheftbyState>

Federal Trade Commission. (2021.) Avoiding Identity Theft. <https://www.consumer.gov/articles/1015-avoiding-identity-theft#!what-it-is>

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