



July 2022

EXTENSION HOMEMAKERS

Cooperative Extension Service

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Dylan's Corner

June, and now July, are sure whizzing by! I took a week of vacation in June to go on a cruise with my dad. We visited two places in Mexico and rented a speed boat for the day. I came back refreshed and ready to offer more workshops and other opportunities.

Salsa Canning

On Wednesday – July 20th – beginning at 9:00am, I am excited to offer my first canning class. We will be canning Salsa using a traditional recipe, with peppers, onions, and more. Call the Extension Office to register, as there are only 10 spots available. There is no fee to attend, and participants will each take home a jar of salsa. Stay tuned for future tomato juice and jelly canning classes.

Floral Hall

In this month's newsletter you will find a reminder for our upcoming Floral Hall, being held July 27-28-29.

- ▶ The first day, July 27th, will be check-in day for exhibits. We will require as many as 15-20 volunteers on this day to smoothly check in entries. We are still in need for at least 10 more volunteers. A meal will be provided to all volunteers.
- ▶ July 28th will serve as the public viewing and judging day.
- ▶ Finally, on July 29th exhibit items can be picked up at the Extension Office.

Feel free to contact me anytime. You can call the Extension Office at 270-384-2317, or send me an email.

Dylan Gentry
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Bliss Club Summer Trip

The Bliss Homemakers Club visited the Bread of Life Café in Casey County for their club's summer trip. All club members left with a full belly!



Happy Club Summer Trip

The Happy Homemakers Club visited the Barn Lot Theater in Edmonton KY for the inaugural viewing of the play "Duck Hunter Shoots Angel".



July heralded as fresh-cut flower month in Kentucky



According to a report from Agricultural Economic Insights, the United States imported \$1.75 million in fresh cut flowers in 2021. Yet, Kentucky farms are the perfect place to grow flowers. The Kentucky Horticulture Council and the UK Cooperative Extension Service are designating July as a month-long celebration for Kentucky fresh-cut flower growers. Kentucky Horticulture Council executive director Cindy Finneseth said the state is home to more than 125 commercial cut-flower operations.

"The number of farmer-florists continues to increase each year, with a 20% increase just in the past year," Finneseth said. "Selling through local retail and wholesale markets can be profitable for small-to-large-scale growers. We continue to see demand for locally grown products in both urban and rural areas, and our flower farms are growing high-quality, diverse products to meet that demand."

Warren County Extension Horticulture Agent Kristin Hildabrand enjoys putting a spotlight on the state's flower growers. "Kentucky cut flower growers offer a wide variety of unique plant material from fresh to dried in the form of buds, flowers, stems, colorful budding branches, seed heads and stalks throughout the different growing seasons," she said. "There is always room on your table to have fresh, locally-grown flowers."

To help Kentuckians find local flower operations, the Kentucky Horticulture Council and horticulture agents with the UK Cooperative Extension Service partnered with the UK Center for Crop Diversification in the College of Agriculture, Food and Environment to produce an interactive, online map at <https://uk-horticulture.github.io/KY-Cut-Flowers/>.

"It has been great to see the growth that cut flowers have had in recent years in Kentucky's horticulture industry," said Alexis Sheffield, Boyle County Extension Horticulture Agent. "No longer are we seeing just a few zinnias at a farmer's market booth but an increase in commercial farms, solely dedicated to producing cut flowers and making a living doing it. Kentucky is home to some large-scale farms that exemplify the diversity of agriculture across the state."

To learn more about promotional activities during cut flower month, follow the Kentucky Horticulture Council on Facebook, @KYHortCouncil; Instagram, @KYHorticulture or on Twitter, @KYHorticulture. For questions, contact Finneseth at cindy@hkyhortcouncil.org.

Homemakers Leader Training

Tuesday – August 16
12:00 Noon

Adair County Extension Office
**Saving Savvy w/ Grocery Lists
& Coupon Apps**

Bring a Prospective Member!

Homemakers Council Meeting

Thursday – August 25

NOTE: This is a **date** change!

5:30 pm

Adair County Extension Office

On June 1st, I enjoyed teaching the French Culture and Cuisine course to several excited attendees. The cultural delight, aptly named "Napoleon" was a big hit. Be on the watch for future International topics!



Floral Hall



Wednesday – July 27th

A day of Fun!
Volunteers are Needed!
at the County Extension Office
See reverse side for details.

Call 270-384-2317

NEW THIS YEAR!

We have streamlined the process of entering your exhibits. Hopefully this method will be more efficient and less hassle for volunteer workers and exhibitors!

Floral Hall

*Adair County Cooperative Extension Service
409 Fairground Street in Columbia KY
270-384-2317*

July 27-29, 2022

- *Wednesday - July 27* *Volunteer Orientation begins @ 9:00 am*
Entries received from 10:00 am – 12:30 pm
Volunteers break for lunch @ 12:30 pm
Volunteers organize entries for judging after lunch
- *Thursday - July 28* *Judging begins @ 9:00 am*
Open to public for viewing from 2:00 pm – 4:00 pm
- *Friday – July 29* *9:00 am – 4:00 pm – Pick up Entries*

1. Judging will begin at 9:00 am on Thursday, July 28th, during which time no persons other than the judges shall be therein.

2. ALL FLORAL HALL EXHIBITS MUST BE REMOVED ON FRIDAY- JULY 29th, BETWEEN THE HOURS OF 9:00am – 4:00pm. No one will be responsible for any item that is not removed by 4:00 pm on Friday – July 29th.

3. EXHIBITOR ENTRY FORMS will be used for entering items in Floral Hall. There are no fees to enter items into the Floral Hall competition. BLUE, RED, AND WHITE RIBBONS WILL BE AWARDED. Premium \$\$\$ will be determined by Floral Hall committee based upon entries.

4. The Extension Office has the option to discard food as it spoils. For a complete list of food rules, see Food Section. Note the rule in Foods and Canning--only one exhibit per exhibitor per class.

5. The Extension Homemakers or the Extension Office will not pay for anything damaged or lost while on exhibition, but will endeavor to exercise proper care to prevent loss or damage.

6. All ribbons won on articles in Floral Hall must remain on same unit until check-out time.

7. If an entry does not warrant a blue ribbon, judge may refuse to give one.

8. Any article that has been awarded a premium at the Floral Hall Exhibition in past years is not eligible to compete for a premium. No article in a collection can be shown singly.

9. "Best of Show" will be chosen from each category and awarded a Rosette.

**For a complete list of categories for Floral Hall,
visit the County Extension Office at 409 Fairground Street in Columbia, or call 270-384-2317.**



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2022

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THIS MONTH'S TOPIC:

TIPS TO INCREASE PRODUCTIVITY AND STOP PROCRASTINATING

The biggest obstacle to getting things done is often procrastination. Procrastination means avoiding a task (or even several tasks) we should be focusing on. There are four general reasons we procrastinate:

- **Emotional procrastination.** We can use procrastination to try to soothe our emotions about a task. People may feel frustrated or bored with a task, anxious about the end results, or insecure about being able to complete the project successfully. Fear of failure adds stress that can fuel procrastination.
- **Physical procrastination.** When we don't feel the best physically, it's hard to be productive. Being hungry, tired, or sick makes it hard to focus. By looking at our physical state, we can see if any underlying factors are halting our productivity.
- **Procrastination as protection.** When our bodies experience stress, we want to protect ourselves. Maybe you've heard of the fight, flight, or freeze response to perceived danger. Today, our bodies think work stressors are as "dangerous" as attacks by wild animals were to our ancestors. Procrastination, in the short term, protects us from emotional or physical "dangers" associated with whatever task we



are putting off. Procrastination is an example of the freeze response as it helps us avoid feeling anxious or overwhelmed.

- **Procrastination from uncertainty.** Sometimes we put off tasks because the directions are unclear. We might delay a task or project because we don't have enough information, resources, or guidance. Perhaps this is your first time working on a topic and you are not sure where to start. When working on something new, it may be frustrating or confusing, especially without proper training or instructions.

Of course, sometimes we may dread a task simply because of what it is, such as cleaning or paperwork. It is common to put off chores that do not hold our interest, even if they are simple or necessary.



LIKE OTHER BAD HABITS, WE MUST BREAK THE CYCLE OF PROCRASTINATION INTENTIONALLY



COMBATING PROCRASTINATION

Like other bad habits, we must break the cycle of procrastination intentionally. To replace unproductive behaviors with more efficient ones, we must choose better routines. One method for breaking this cycle is to look at our urge to procrastinate when it first appears. What is causing you to procrastinate? Are you overwhelmed by expectations or confused by instructions for a project? Are you hungry, angry, lonely, tired? What about bored or stressed? Once you have an idea of what is fueling your procrastination, you can better fight it.

PITFALLS OF MULTITASKING

Multitasking may also be stalling your productivity. Research suggests that multitasking keeps our brains from deeply focusing on one topic. It is like our minds go to commercial break before the show's plot has time to fully develop. Instead, train yourself to fully commit to one task until you reach a stopping point. This could be a natural break, such as when you complete a portion of a larger project or fully complete a task. It also could be a designated amount of uninterrupted work

time. That means no emails, phone calls, social media, meetings, or toggling between browsers or projects.

MINIMIZE DISTRACTIONS

Like multitasking, distractions can derail our train of thought and stall our productivity. Each time we are distracted, we use mental energy to resume where we left off before the interruption. This takes effort and time. Like the commercial break example, interruptions eventually make us lose interest in the original show. Our minds tire from pushing "pause" then "play" over and over, and instead we tune out. Avoid this trap by regularly blocking time to work with few interruptions. The more you can limit distractions, the more productive you will be.

TIME WELL SPENT CURRICULUM

For more information on ways to increase productivity and maintain a better work-life balance, contact your county Cooperative Extension office. Ask your FCS agent about the program, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky Family and Consumer Sciences Extension.

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GARDEN FRESH TOMATO PIZZA



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.

- 2 large or 3 medium tomatoes, sliced into 1/4- to 1/2-inch slices and halved
- Salt
- 1 (6.5-ounce) package pizza crust mix
- 2/3 cup low-fat ricotta cheese or low-fat, low-sodium cottage cheese
- 1 cup shredded mozzarella cheese
- 1 teaspoon garlic powder
- 2 tablespoons dried basil or 1/3 cup fresh, chopped
- Nonstick cooking spray
- 2 teaspoons olive oil
- 1/2 small red onion, thinly sliced and separated into rings
- Black pepper
- Balsamic vinegar (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the tomatoes and red onion with a clean vegetable brush under cool running water before preparing them.
3. Preheat oven to 475 degrees F.
4. Place a layer of paper towels on a baking sheet or tray and arrange tomato slices on top. Sprinkle with salt. Cover tomatoes with a layer of paper towels. Set aside to allow juices to draw out.

5. Prepare crust according to package directions. Set aside to rise.
6. In a small bowl, mix ricotta (or cottage) cheese, mozzarella cheese, garlic powder, and dried basil. (If using fresh basil, refer to step 10.) Set aside.
7. Prepare a pizza pan (or baking sheet) by spraying with nonstick cooking spray. Pat out the pizza crust to cover the bottom of the pan. Brush crust with olive oil. Place in the oven and bake for 8 minutes.
8. Remove crust from oven. Spread the cheese mixture in a thin layer on top of the crust. Add onion and tomatoes in layers on top of the pizza crust. Sprinkle with black pepper.
9. Return to oven and bake an additional 12 to 15 minutes until golden brown.
10. If using fresh basil, sprinkle on top after pizza bakes. Drizzle with balsamic vinegar if desired.
11. Allow the pizza to rest 5 minutes. Cut pizza into 6 slices. Serve hot.
12. Store leftovers in the refrigerator within 2 hours.

Makes 6 servings

Serving size: 1 slice

Cost per recipe: \$9.68

Cost per serving: \$1.61

Nutrition facts per serving:

230 calories; 8g total fat; 3.5g saturated fat; 0g trans fat; 20mg cholesterol; 320mg sodium; 27g total carbohydrate; 1g dietary fiber; 4g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 20% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

