

Breckinridge County FCS Newsletter

MAY/JUNE



Container Gardening

Not everyone has acreage or land where they can just dig in the soil. As long as you have a sunny spot, whether it be a balcony or parking lot, if you can get sunlight, you can grow flowers or vegetables in containers. It isn't difficult.

Just about any container will do, but the smaller the container, you will need to be more attentive. Containers should be no smaller than half of a bourbon barrel, 24 inches in diameter, if you are going to grow tomato plants. The more soil you can give that plant, relative to its size, the less water and maintenance you will have to do.

You can grow anything in a container, but remember, the larger the plant the more challenging it is. Lettuce, radishes and plants that don't grow tall, and don't require a lot of water, are very easy to grow in containers. There is no denying, plants in containers depend on you for everything. Generally, watering is a daily chore and if you let plants dry out and become stressed, you will limit how much they can produce.

Being in containers, plants don't have access to the nutrients in natural soil, which is usually a potting soil or soil mix. You have the commitment of feeding or fertilizing on a regular basis. Young people are very interested in horticulture right now. They usually live in apartments before owning a home, and that makes container gardening a perfect fit.

Containers can be of any size or shape. Container gardens are elevated and do not contain native soil. Raised beds require much less watering than container gardening.

One of the most popular questions at extension offices concerning container gardening is about blossom end rot, which is associated with tomatoes, and is technically a calcium deficiency. Blossom end rot is actually the lack of consistent watering, making it hard to grow a full-sized tomato in a container without running into issues. Plant breeders have gotten around that by developing container-bred varieties which are much shorter plants. Dwarf tomato plants get about two feet tall and need only about a third of the water that a full-size tomato plant requires. There are a multitude of varieties of other vegetables that are bred for container gardening.

Source: Jamie Dockery, UK Extension Horticulture Agent

Cooperative Extension Service

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Yard and Garden Soil Sample Service

Spring has finally sprung and working in your garden or yard is a great way to spend time to increase activity and improve mental wellness. To assist with this, the Extension Service is still processing free soil samples for Breckinridge County residents. Samples may be dropped off at the Extension Office. If you need gardening publications, please give us a call at 270-756-2182 and we can mail those to you.

Happy Gardening!

The Extension Office has a book, "Food Preservation ABC's", available which includes ways to freeze and can your garden vegetables.



BRECKIRNIDGE COUNTY FARMERS' PRODUCE MARKET

The market is tentatively scheduled to open
Saturday, June 17th at 6:30 am CT.



Eat Your Microgreens

People are becoming increasingly interested in growing and eating microgreens. Luckily, a few studies over the past few years have started to look at the nutritional value of microgreens.

Microgreens are considered a vegetable. They are the very young, tender plants of very common greens and vegetables, including broccoli, arugula, beets, and mustards. They are harvested right after the first true leaf appears. Because microgreens can be several different types of plants, there is wide variety in the amount of nutrients they contain.

Microgreens are a great way to add variety to your diet and add color to your plate. In some cases, microgreens can have four to 40 times the nutrient values of their mature counterparts. Some research has shown they can be excellent sources of vitamins C, E, K, and beta-carotene (a compound that can be turned into vitamin A in our bodies). To reach the same values as other vegetables and fruits in the diet, you will have to consume a large quantity of them since they don't add much bulk to the diet. Don't think of microgreens as a superfood, which is a term made up to market foods and products. They are more like another option to add variety, nutrients, and bulk up plant foods in the diet.

Since they are a vegetable, you can incorporate them into the diet in a way similar to other common greens. When you want to eat microgreens, consider:

- Tossing them into a salad
- Using them instead of spinach or kale in an omelet or frittata
- Replacing lettuce on burgers, wraps, or tacos
- Topping soups, salads, pizza, or flatbreads
- Garnishing dishes
- Throwing them into a smoothie

Some people are interested in microgreens because they can easily grow them in homes and gardens and produce very little food waste. For more information about growing and eating microgreens, reach out to your local county Extension office.

Source: Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition

References:

<https://nfsc.umd.edu/news/mighty-microgreens>
<https://agresearchmag.ars.usda.gov/2014/jan/greens>
<https://reader.elsevier.com/reader/sd/pii/S2772566921000057?token=572E8DF71A118A4D79B6B1067B24496C83BE908F37A69C50CA161F0DA1C8B5C6A2D68131B1AA85B0F5D52DE204A0EF&originRegion=us-east-1&originCreation=20221216022012>



Asparagus Ham Quiche

1 pound fresh asparagus, trimmed and cut into ½ inch pieces
1 cup, finely chopped ham
1 small finely chopped onion
2 (8 inch) unbaked pie shells

1 egg white, slightly beaten
2 cups shredded reduced fat cheddar cheese
4 large eggs
1 container (5.3 ounces) plain Greek yogurt

½ cup 1% milk
¼ teaspoon ground nutmeg
¼ teaspoon salt
¼ teaspoon pepper

Preheat oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together

eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

Yield: 16 slices

Nutritional Analysis: 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Asparagus

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.

SELECTION: Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

STORAGE: Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

Source: www.fruitsandveggiesmatter.gov

PREPARATION: One pound of asparagus will yield 4 one-half cup servings, about 6 spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry, or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter, or Parmesan cheese.

KENTUCKY ASPARAGUS

Kentucky Proud Project
 County Extension Agents for Family and Consumer Sciences
 University of Kentucky, Dietetics and Human Nutrition students
 March 2015

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COOPERATIVE
 EXTENSION
 SERVICE



Diabetes Support

Tentative Date
 is June 13
 1:30 PM, CT
 Extension
 Community Building
 More details
 coming soon!

The Extension
 Office will be
 closed on
Monday, May 29
 in observance
 of Memorial Day
 and
Monday, June 19
 in observance
 of Juneteenth.



Visit our website breckinridge.ca.uky.edu

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Follow Carol Hinton, ANR Agent on Facebook at <https://www.facebook.com/breckinridgextensioneagriculture/>

Follow Breckinridge County Homemakers [Facebook Group https://www.facebook.com/](https://www.facebook.com/)

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Bamboo Fabrics: Really Rayon?

In an effort to be environmentally aware, some people buy textile (fabric) products made with “sustainable bamboo.” Bamboo plants grow quickly with limited negative impact on the environment. The stalks can be naturally processed into rough fibers that create fabric with a stiff feel. The fabric is similar to linen. However, to turn bamboo into smooth fibers that feel soft and silky is different. That manufacturing process is not always environmentally friendly. Bamboo pulp is often chemically converted into *rayon* fibers. It's these fabrics made with *rayon* fibers that feel cool to the touch and keep us comfortable.

Bed sheets and pajamas marketed as “cooling” or “temperature regulating” are sometimes marketed as “bamboo.” But look closer at the fiber content on the care labels, and you'll see the fiber content is actually rayon (or viscose). This is not bad, but consumers should know that rayon and pure bamboo are not the same thing. Bamboo is known for its natural, anti-bacterial properties. Rayon (made from bamboo) does not have these properties. When products boast positive bamboo-related claims, this can be misleading if the item is really made with “rayon from bamboo” or “bamboo viscose.”

The Federal Trade Commission does its best to regulate products making false claims about the use of “bamboo fabric.” That's because once bamboo is processed into rayon fibers, there is not much of the original plant left. Textile products made with rayon do have benefits and can be comfortable. However, they are not necessarily the same as pure bamboo. As a consumer, remember to be mindful of labels and advertising.

References

<https://consumer.ftc.gov/articles/bamboo-fabrics>

Brynes, K. (2013). What's new with bamboo? University of Kentucky Cooperative Extension publication, HHF-AP.035.

Hardin, I.R. et al. (Oct 2009). An assessment of the validity of claims for “bamboo” fibers. *AATCC Review*, 9(10), pp 33–36.

Source: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment



June 14-17, 2023



A complete listing of the **Family Living** and 4-H Exhibits can be found at :
breckinridge.ca.uky.edu or a copy may be requested
at the Extension Office

For a complete listing of events, times and rules go to: **Breckinridgecountyfair.com**

We want to thank each Extension Homemaker and Community Volunteer that comes to the county fair to help host and bring entries to the 2023 Family Living Exhibit.
We encourage all to bring entries to make this year's exhibit the best!
Listed below is the schedule for the fair week for the Family Living Exhibit.

2023 Breckinridge County Fair Work Schedule

Merchants Building - *Opens at 4:00 PM (CT) each night for viewing

Please contact the Extension Office with the names of your volunteers by June 12 and pick-up passes.

Day	Date	Time	Event	Volunteer
Saturday	6/10/2023	8:30 AM (CT)	Set-up	All volunteers
Tuesday	6/13/2023	4:00 PM - Volunteer Orientation 4:30 PM—6:00 PM (CT)	Volunteer Orientation and Check-In	ALL volunteers
Wednesday	6/14/2023	7:00 AM - 9:00 AM (CT)	Check-In	ALL Volunteers
		11:00 AM (CT)	Luncheon @ Extension	ALL Volunteers <i>Office Community Building</i>
		12:00 Noon (CT)	Judging	ALL Volunteers
		*4:00 PM - 7:00 PM (CT)	Exhibit Opens to Public Host	Sheila Stull & Lynnette Allen
		7:00 PM - 9:00 PM (CT)	Host	Cloverport Club
Thursday	6/15/2023	*4:00 PM - 7:00 PM (CT)	Host	Irvington Club
		7:00 PM - 9:00 PM (CT)	Host	Sunshine Sisters Hites Run/New Bethel Club
Friday	6/16/2023	*4:00 PM - 7:00 PM (CT)	Host	Countryside Club
		7:00 PM - 9:00 PM (CT)	Host	Flower Rangers Club
Saturday	6/17/2023	8:00—10:00 AM CT	Check-out Take-Down	ALL Volunteers



Homemaker Happenings

Roll Call & Thought for February

Roll Call: In May, we celebrate mothers. Share a favorite Mother's Day memory.

Thought for the Day: "Motherhood is the biggest gamble in the world. It is the glorious life force. It's huge and scary—it's an act of infinite optimism."~~Gilda Radner

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### May Club Meetings

|        |                                                                              |
|--------|------------------------------------------------------------------------------|
| May 15 | Cloverport, 1 p.m. (ct), Cloverport Methodist Church                         |
| May 15 | Hites Run & New Bethel, 1 p.m. (ct), Extension Community Building            |
| May 16 | Irvington, 10:30 a.m. (ct), Lincoln Trail Christian Church                   |
| May 22 | Countryside, 5:30 p.m. (ct), Suzanne Myers & Holly Gregory                   |
| May 23 | Sunshine Sisters, 11 a.m. (ct), Extension Community Building                 |
| May 26 | Flower Rangers, 6 p.m. (ct), Breckinridge County Public Library, Hardinsburg |

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Roll Call: In June, we celebrate fathers. Share a favorite Father's Day memory.

Thought for the Day: "Dads are most ordinary men turned by love into heroes, adventurers, storytellers and singers of song."~~Pam Brown

June Club Meetings

The following information was taken from Club Reports.

June 19	Cloverport, 1 p.m. (ct), Cloverport Methodist Church
June 20	Hites Run & New Bethel, 1 p.m. (ct), Extension Community Building
June 20	Irvington, 10:30 a.m. (ct), Lincoln Trail Christian Church
TBA	Countryside
TBA	Sunshine Sisters
TBA	Flower Rangers, 6 p.m. (ct), Breckinridge County Public Library, Hardinsburg

Homemaker Awards Due May 19!

- ⇒ Homemaker of the Year
- ⇒ Homemaker Life Time Award
- ⇒ Perfect Attendance
- ⇒ Reading Award
- ⇒ Volunteer Hours

Save the Date!!!

Homemaker Annual Meeting
Wednesday, May 31, 2023



You Are Invited!

**Breckinridge County
Extension Homemakers Annual Meeting**

Wednesday, May 31, 2023

Registration 10 AM, CT; Meeting 10:30 AM, CT

Breckinridge County Extension Community Building

Enjoy a southern picnic lunch, awards recognition and
fun fellowship with your homemaker friends!

Event ticket \$12 per person

Deadline to Register May 24

Important reminders:

- Perfect attendance, volunteer hours, reading awards are due May 19.
- Homemaker of the Year and Life Time Award applications due May 19.
- Each Club is asked to donate a \$20 door prize.





FREE EVENT

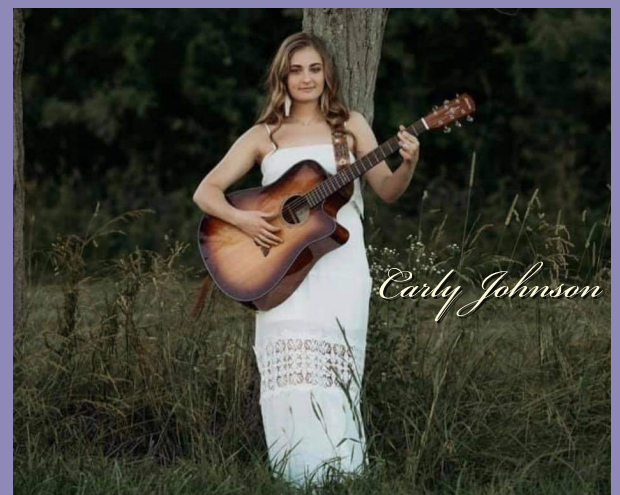
SENIOR CELEBRATION

Wellness on Wheels, Hardin County Book Mobile, Vendors, Speakers, Live Entertainment & Music, Workshops, Exercise, Bingo, Lunch, Door Prizes & More!

PRITCHARD COMMUNITY CENTER

Thursday, May 25th
9am - 2pm

FOR MORE INFORMATION CALL LTADD AT 270-769-2393
CALL CKCATS FOR TRANSPORTATION
270-692-2136 / 1-800-242-8225





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

ADULT HEALTH BULLETIN



MAY 2023

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

Continued from the previous page

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

ADULT
HEALTH BULLETIN

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123RF.com

