

GREEN COUNTY FCS EXTENSION SEPTEMBER 2024 NEW SLETTER





Cast Iron Cajun Cooking with Adair FCS Agent Dylan Gentry.

Congratulations to Chelle Scott on her blue ribbon in the State Cultural Arts // Contest.





Congratulations to Birget Weeks on her blue ribbon in the State Cultural Arts Contest.



Green County H<mark>o</mark>memaker Kickoff





Basic Bread Class with Russell County FCS Agent Megan Gullett

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Developmen

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Summer Recap

First off I want to thank everyone that stepped forward and taught classes, led discussions, and planned meetings. Classes this summer wouldn't have been possible without your help.

The images pictured above are from various programs and awards that were taught and presented over the summer! We had Cast Iron Cajun Cooking with Adair County FCS Agent, Dylan Gentry. Two bread classes with Russell County FCS Agent, Megan Gullett. Homemaker Kickoff is pictured above as well as the state cultural art blue ribbons from Green County. Congratulations Chelle Scott and Birget Weeks!

As most of you know, I have been on maternity leave since May and returned full time at the end of August. I was blessed with a precious baby boy weighing 12lbs 2oz at birth. Yes, he was a big boy!! I have enjoyed and cherished my time away but I am excited to start back again. I would also like to thank everyone for all the kind words and gifts that you gave us, we cannot thank you all enough! I just ask that you provide me some patience as I am navigating this new life and work balance.

Thank you!

What else has Katelyn done in August?

it's a boy!

- LEAP with Head Start and Little Lambs
- In person and Zoom Trainings
- FCS Staff Meetings
- Planned, Planned, Planned
- Began Grad School!

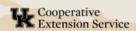


LEAP with Head Start and Little Lambs in which students made "Ants on a Log" using celery, peanut butter, and m&m's!









Passport Trip:

Join us on a trip to visit the Heartland of Kentucky Quilt Show at Hardin County

Extension Office!



September 20th leaving at 9am CST

Admission \$6- pay when you arrive

Vehicle space is limited so it is FCFS, RSVP at the extension office.

Any questions call 270-932-5311 or visit Katelyn at the extension office!

Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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COOKING FROM THE CALENDAR

Peanut Butter Oatmeal Bites and Ramen Skillet Dinner







September 19th 2024 at 12pm CST

Recipes from August and September will be presented

Call the Extension Office at 270-932-5311 to register

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Lesson Leader Training: Self Care and Self Pampering

September 26th @ 12pm CST RSVP at 270-932-5311

Self-care to me is:

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Food Preservation Workshop







GREEN BEANS

TWO-DAY FOOD PRESERVATION WORKSHOP ON WATER BATH AND PRESSURE CANNING IN A HANDS-ON ENVIORNMENT. WE WILL BE WATER BATH CANNING TOMATO JUICE AND PRESSURE CANNING GREEN BEANS. REGISTRATION FEE WILL BE \$15 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTAR BY SEPTMEBER 17TH

SEPTMEBER 24TH AND 25TH 10AM-1PM CST

298 HAPPYVILLE RD GREENSBURG
KY 42743

REGISTAR AT GREEN COUNTY
EXTENSION OFFICE 270-932-5311



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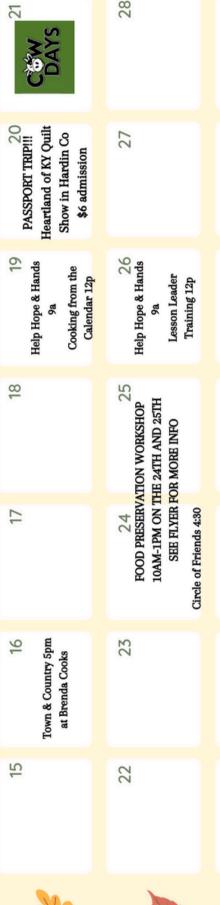


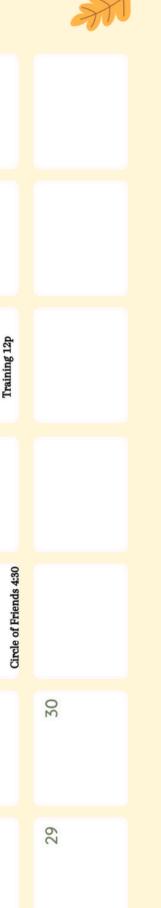




















UK CES Green County 298 Happyville Road Greensburg KY 42743-9498

RETURN SERVICE REQUESTED



Lean Green Lettuce Tacos

8 large lettuce leaves 11/2 cup cooked brown rice

34 cup fresh corn kernels 1 cup canned black beans, drained and rinsed

1 tablespoon olive oil

¾ pound extra lean ground beef

1 small zucchini, chopped 1 ounce packet low-

sodium taco seasoning 4 ounces low sodium

tomato sauce

1 tablespoon finely chopped cilantro

1 teaspoon lime juice

1 tomato, chopped

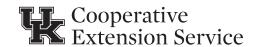
1 small red onion, chopped

Wash and dry lettuce leaves. Prepare rice according package directions. Cut corn off cob. Drain and rinse black beans. In a skillet, heat the oil to medium; add ground beef and begin to cook. When beef begins to brown, add zucchini, corn and black beans to skillet. Continue to cook until vegetables are tender and beef is done. Do not overcook. Add in taco seasoning and tomato sauce and heat through. Add cilantro and lime

juice to the cooked rice. Place equal amounts of rice mixture and taco mixture into lettuce leaves. Top each taco with chopped tomato and onion.

Yield: 8 servings

Nutritional Analysis: 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.



ADULT

HEALTH BULLETIN



SEPTEMBER 2024

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

THIS MONTH'S TOPIC

STEP INTO NATURE: GROUNDING



hen you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



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grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

REFERENCE:

https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding

HEALTH BULLETIN

Written by: Katherine Jury, MS Edited by: Alyssa Simms Designed by: Rusty Manseau Stock images: Adobe Stock