



NEWSLETTER

July 2024

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A Very Berry Summer

- Are berries on your shopping list this summer? They are packed with antioxidants. They also have dietary fiber and vitamin C which we need each day.
- When shopping, look for containers at the store or farmers' market without stains or mold. Berries should be firm, plump, and dry. Strawberries don't ripen after harvest, so choose ones that are shiny and firm with bright red color. Choose blueberries that are firm, plump, and dusty blue in color. Blackberries should be shiny but not leaking, Raspberries come in many colors; make sure the ones you buy have the right color.
- When you get home, check for bad berries, and throw them out right away before they spoil the rest. Strawberries, blueberries, and raspberries last longer if stored in the coldest place in your fridge. Produce drawers are ideal. A sealed container will also do the job. Keep blackberries uncovered.
- While some types of berries can last up to two weeks in your fridge, most only last a few days. Eat them within three days for the best quality.
- Rinse berries in cold water just before you serve them. For young children, cut up or mash berries. For older kids, try adding berries to low-fat yogurt, ice cream, whole-grain cereals, salads or smoothies. Fresh berries often taste best when in-season, and you can freeze them for later use.
- Freeze berries so you and your kids can enjoy them long after the season is over. Spread berries on a baking sheet and place in the freezer for a few hours. Once frozen, put them in a freezer-safe storage container or bag.

Source: Health Choices Newsletter - July/August 2024



Peggy F. Jones

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4-H Development

Cooperative Extension Service

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Basic Budget Bites

Finding the best deal on food is a skill you can learn with a bit of practice.

The first step starts with the price tag. Each price tag on the front edge of the grocery shelf shows helpful tips. It shows the size of the item, the retail price, and the unit price.

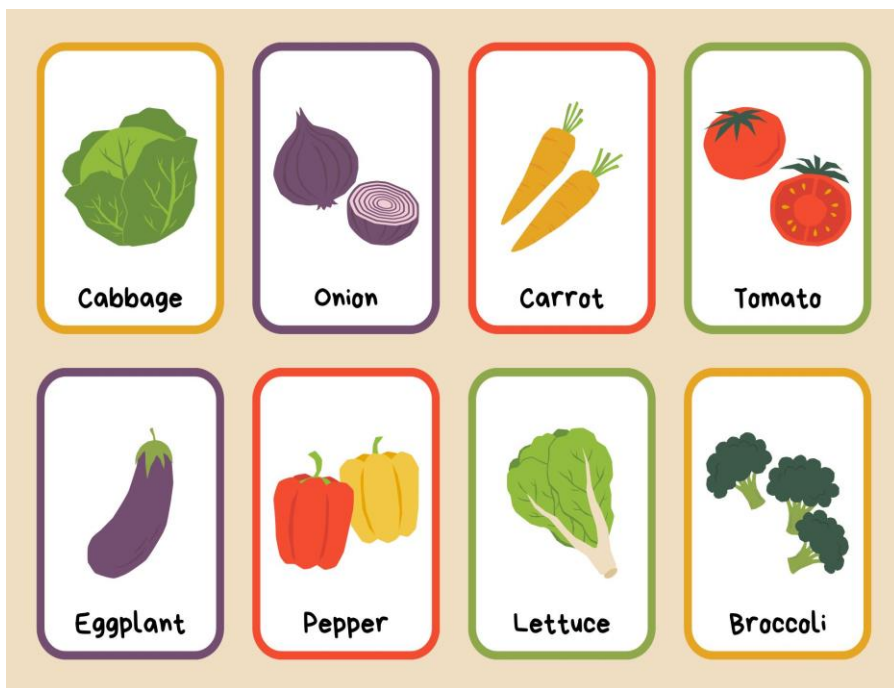
- **Retail Price** is the price you pay for each item.
- **Unit price** is used to compare the price of the same unit (pound, ounce, quart, etc.) between two items. Look for the lowest price per unit. You can use the unit price to compare brands and sizes to figure out which one costs less.



- **Buy in bulk.** It is almost always cheaper to buy food in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. You can also buy grains, such as

brown rice, millet, barley and oats, in bulk. Beans, lentils, some nuts, and dried fruit come in bulk. Buy fresh, low-fat milk, yogurt, and cheese in the largest size you can use before it spoils. Larger sizes often cost less per unit than smaller ones.

Before you shop, check to make sure you have enough freezer space. You can buy canned or frozen fruits or vegetables in large amounts when they are on sale.



- **Buy in season.** Fruits and vegetables that are in season are often cheaper and fresher. If you buy too much, you can freeze the rest or add it into future meal plans. Farmers' markets always carry what is in season. When you can't buy in season, buy frozen. Frozen produce is just as healthy, and you can buy it at any time during the season.
- **Stay away from convenience foods.** Convenience foods like frozen dinners, frozen veggies with added sauces or butter, pre-cut vegetables, pre-bagged salad mixes, flavored rice, oatmeal, or grits will cost you more. The better buy is to prepare your own. Pre-cut, pre-washed, ready-to-eat, and processed foods are handy, but often cost much more.
- **Stock up during sales.** When products you use are on sale, stock up to save money. Make sure the products won't go out of date before you have time to use them. It won't save you money if you end up throwing it out later. *Source: Healthy Choices Newsletter May/June 2024*

Tomato Basics

Tomatoes have antioxidants for a healthy immune system.



Shop and Save

- Tomatoes are in season between July and September, so they taste great and cost less.
- Look for tomatoes that are bright in color, and have no darkened areas or bruises under the skin. They should feel firm (not soft), but give slightly when you press on them.
- Canned tomatoes are usually low-cost and come in many forms: whole, crushed, diced, stewed, or as juice, sauce or paste. Consider low-sodium options.

Types of Tomatoes

- **Red round tomatoes** are the most common; size can vary from 2 inches across to much larger.
- **Cherry, grape and pear tomatoes** are small (bite size) with a variety of shapes and colors.
Note: For a great on-the-go snack, try cherry, pear or grape tomatoes!
- **Roma (Italian or plum) tomatoes** are oval in shape, usually red, and commonly used for canning and making tomato sauce and paste.
- **Heirloom tomatoes** include many varieties from the past and have different colors, shapes, flavors and sizes; they are most likely available a farm stands or farmers markets.

Source: Oregon State University

Quick Tomato Pasta Sauce

2 teaspoons vegetable oil
2 cloves garlic minced or ½ teaspoon garlic powder
1 can (14.5 ounces) diced or crushed tomatoes (about 1 ¾ cups)
1 tablespoon lemon juice (optional)
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon red pepper flakes (optional)

Directions:

In a medium saucepan, heat vegetable oil over medium heat. Add garlic and cook for 1 minute. (If using garlic powder, omit oil and skip this step). Add tomatoes, lemon juice, salt, pepper and red pepper flakes, if desired. Cook until heated through, stirring occasionally. For a thicker sauce, cook an extra 10 to 20 minutes to allow more of the liquid to evaporate
Makes 2 cups
Prep time: 5 minutes
Cook time: 15 minutes
Source: Oregon State University Foodhero.org

Store Well/Waste Less

- Keep ripe whole tomatoes at room temperature in a single layer in an open container; avoid direct sunlight. Try to use within 5 days. Short refrigerator storage (3 days) can help delay softening but may also reduce flavor.
- Refrigerate cut, cooked or opened canned tomatoes in a covered container. Use within two days.
- Ripen tomatoes in a closed paper bag or plastic bag with holes. Hold at room temperature. Check daily.
- Store unopened canned tomatoes in a cool, dry place and use within 8 to 12 months for best quality.
- Freeze extra tomatoes:
 1. Wash tomatoes and remove the stem. Leave whole or chop.
 2. Freeze in a tightly closed container or plastic bag. Label with the date.
 3. Best when used in cooked dishes within 8 months.

Source: Oregon State University/ Foodhero.org

Preserving Fresh Produce

Vegetable and fruit canning is one way to make the harvest last beyond the growing season.

The Extension Office has the following Food Preservation publications available:

- Home Canning Vegetables
- Home Canning Basics
- Making Salsa
- Home Canning Jams, Jellies and Other Soft Spread
- Home Canning Tomatoes and Tomato Products
- Home Canning Pickled and Fermented Foods
- Home Canning Fruit
- Drying Food at Home
- Freezing Vegetables
- Home Canning Soup, Stocks and Stews

We also check canner gauges. Bring your lid with the dial gauge to the Extension Office, and we will be glad to check it for you.

DAILY, HEALTHY LIFESTYLE TIPS TO PREVENT HIGH BLOOD PRESSURE



Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in [salt](#) and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two



alcoholic drinks per day. Women should have no more than one alcoholic drink per day.

- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.

Source: Katherine Jury, Extension Specialist for Family Health / UK Exclusive
May 9, 2024

Five Tips to Manage Arthritis

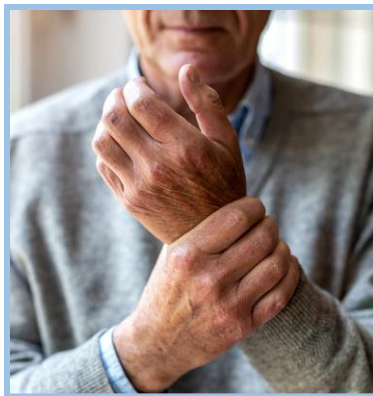
More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better. The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

1 See a doctor. If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These

include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

2 Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can. There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

3 Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.



4 Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

5 Take an arthritis management class. Interactive workshops teach self-management skills, are generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>. Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

Source: Adult Health Bulletin July 2024



USE THESE SIMPLE CLOTHING TIPS FOR SUN PROTECTION

The sun provides energy and visible light that are necessary for our survival. However, what we don't see are the harmful ultraviolet (UV) light waves that can damage our skin.

When properly applied, sunscreen can protect our skin from these rays for a certain amount of time based on its SPF (sun protection factor). In addition to sunscreen, our clothing can also provide significant protection. This rating is called the UPF (ultraviolet protection factor).

Clothing's UPF is based on how the fabric is made or whether it is treated with a special finish that deflects UV rays. UPF ratings may be included on the garment label or tag, and these numbers relate to the percentage of available UV radiation that can pass through the garment:

- 50+ UPF = Excellent protection (less than 2% of UV rays can pass through)
- 30 UPF = Good protection (about 3% of UV rays can pass through)
- 15 UPF = Minimum protection (about 7% of UV rays can pass through)

In addition to the UPF rating, consider these other clothing characteristics:

- **Darker, vivid-colored clothing offers more protection.** Compared to light or white clothing, darker colors absorb more UV rays, preventing them from passing through to the wearer. For example, a white t-shirt has a 5 UPF, which means approximately 20% of UV rays can pass through the clothing, whereas a dark-colored shirt has a much higher UPF.
- **Look for denser or more tightly woven or knit fabrics.** These fabrics limit the amount of light that can pass through.
- **Garments made with synthetic fibers such as polyester or nylon are more likely to reflect UV rays.** Untreated natural fibers – such as cotton – absorb UV rays.
- **Avoid clothing that is too tight or that stretches.** Gaps in the fabric may allow UV rays to pass through.
- **Wet clothing offers less protection.** Changing clothing for activities that involve water may be beneficial. Clothing created or treated to offer sun protection may become less effective over time because of frequent wearing and washing.
- **Follow the care label's laundering instructions for optimal results.** If the care label is illegible, try these basic tips: rinse UPF bathing suits after each use; wash in cool water, by hand, or on a delicate machine cycle; use mild detergent; and dry on low or air dry while avoiding direct sunlight.

Source: Jeanne Badgett, Senior Extension Associate for clothing, textiles and household equipment/ University of Kentucky Exclusive

KIDS PAGE

Vegetable Word Search

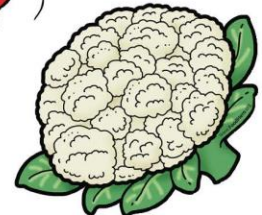
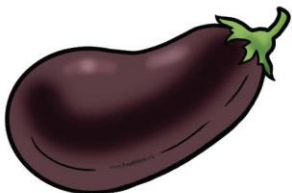
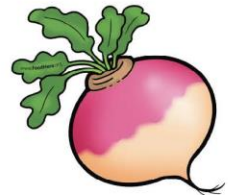
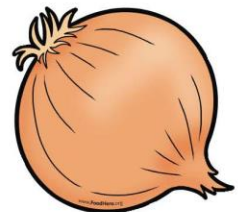
Use the word bank to find the hidden vegetables.

Words can be found going straight across, up and down, diagonally or backwards.

Word Bank

Bell Pepper
Broccoli
Cabbage
Cauliflower
Eggplant
Kale
Mushroom
Onion
Radishes
Turnip

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| O | P | M | P | Z | C | Z | C | O | M | U | L | O | R | M | R |
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Big Blue Muffins

| | | | |
|------------------|-----------------------------------|----------------------------|---------------------------|
| 2 medium oranges | 2 eggs | 1 cup whole wheat flour | 1 teaspoon baking soda |
| ¼ cup olive oil | ½ cup low fat, plain Greek yogurt | ¼ teaspoon salt | |
| ¼ cup sugar | | 1½ teaspoons baking powder | 1½ cups fresh blueberries |
| ¼ cup honey | 1 cup all-purpose flour | | |

Preheat oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.

Add the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.

Yield: 12 muffins. Serving size, one muffin.

Nutritional Analysis:
190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 g protein.



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

<http://plateitup.ca.uky.edu>