

Rowan County Family & Consumer Sciences



NEWSLETTER

June/July 2025

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Summer is finally here, bringing long days filled with sunshine, laughter, and the irresistible smell of backyard cookouts. There's nothing quite like biting into a juicy, chilled slice of watermelon, its sweet nectar dripping down your fingers as you savor the taste of the season. The grill sizzles with burgers, hot dogs, and perfectly charred veggies, while friends and family gather around, sharing stories and soaking in the warmth of summer nights. Fireflies dance in the dusk, and the air hums with the sounds of good music and even better company. It's a time to indulge, relax, and celebrate everything that makes summer so special. Welcome to a season of great food, great memories, and pure joy! Make every minute this summer count with friends and family.

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WATER SAFETY IS FOR EVERYONE



Lots of summertime activities involve water. From swimming at the pool to visiting a lake or river, many people enjoy the water's views and cooling effects, whether for a family gathering or an afternoon of solitude. It is important to remember that staying vigilant around any body of water is essential to keep everyone safe. Drowning is a leading cause of childhood death. It can occur at even relatively shallow depths. It can happen quickly and is often silent. Adults, even those who are familiar with water and can swim, can drown in certain circumstances. Water activities are a great way to exercise and enjoy the great summer weather and environment. However, it is important to think about everyone's safety when deciding when, where, and how to make a splash. Keep the following tips in mind when planning your summer fun:

● **Adult supervision:** Constant and close supervision is crucial for children and non-swimmers, even when lifeguards are present. Avoid distractions like phones while watching the water. Do not assume someone else is watching children swim. Ask aloud and get confirmation before leaving your child under someone else's care while in the water, even briefly.

● **Learn to swim:** Swimming lessons are a great way to improve water safety skills and confidence. It is never too late to learn! Swimming lessons are great for children but are also offered for adults. Contact your local recreation department or aquatic center.

● **Life jackets:** Adults and children should wear properly fitted, U.S. Coast Guard-approved life jackets while boating or swimming in natural waters like rivers, lakes, and oceans. Never dive or swim when you cannot see under the water. Rocks, trees, or other natural objects can cause you to become trapped underwater.

● **Obey posted signs:** Pay attention to all hazard signs and warnings. Only swim in designated areas. Be mindful that heavy rainfall can affect the safety of swimming in lakes and rivers. Pay attention to local news coverage after flooding events.

● **Hidden hazards:** In natural environments, be aware of potential hazards like drop offs into deep water, hidden debris, and slippery rocks. Wear water shoes with hard bottoms to protect your feet and toes.

● **Ocean currents:** If swimming in the ocean, learn about rip currents and how to escape them. If you get caught in a rip current, do not try to fight against it. Swim parallel to the shore until you're out of the current, then swim back to shore.

● **Backyard pools:** Ensure your backyard pool is fenced correctly on all sides. Empty small inflatable pools and other water toys after each use. Even buckets of water, koi ponds, and animal watering troughs can be tempting for young children and lead to disaster. Be aware of any standing water that young children can access and always supervise them. *Source: Health Bulletin June 2025*

PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRs reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.

Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

YOUR DATA AND HOW IT IS USED



Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.

PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It Gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few dos and don'ts:

- **Do** Be sure your home Wi-Fi is set up securely.
- **Do** Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.
- **Do** Use a different and complex password for each of your accounts.
- **Do** Enable two-factor authentication for logging in when available.
- **Don't** use email to text messages to send confidential information.
- **Do** Secure your social media accounts as much as they will permit.
- **Don't** use public Wi-Fi networks such as a restaurant, library or airport, to access anything personal or financial.
- **Do** secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and major financial setback that could take years to correct. Source

MoneyWise Newsletter June 2025

PEACHES

Peach Basics



peaches provide vitamin C, which helps your body heal cuts and other wounds.

\$hop and \$ave

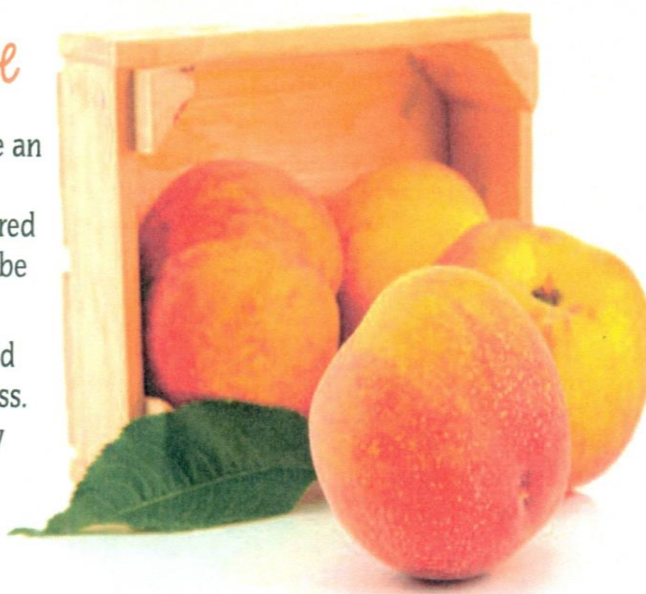
✿ Choose peaches that have an even, creamy gold to yellow color. Some varieties have a red blush but it may not always be a sign of ripeness.

✿ When ripe, peaches should have a slight “give” or softness. Handle peaches gently—they bruise easily. Bruised areas spoil more quickly.

✿ Fresh peaches may be at peak quality and lowest cost from June through September, depending on the variety and growing area.

✿ When shopping for canned peaches, look for “Packed in 100% juice” and “No sugar added” on the label. Canned and frozen peaches are available year-round.

Peach peels
are a good source
of fiber



Types of Peaches

Freestone — the pit falls out easily. These varieties have firm texture, low sugar content, low juiciness, and white or yellow flesh. White flesh peaches may be slightly less sweet and lower in acid than yellow flesh peaches.

Clingstone — the flesh clings to the pit. These varieties have soft texture, high sugar content and juiciness, and white or yellow flesh.

Semi-freestone — a hybrid of freestone and clingstone peaches. The flesh clings to the pit less tightly and they are relatively high in sugar content and juiciness.



Store Well Waste Less

■ Keep peaches at room temperature until ripe for best flavor and texture. Ripen peaches in a loosely closed paper bag. Add an apple or banana to speed ripening. Check daily until soft, then eat or refrigerate.

■ Store ripe peaches in the refrigerator in a plastic bag with holes to prevent moisture on the surface. Use within a few days.

■ Wash peaches just before using by gently rubbing under running water.

■ To keep them from browning, cut peaches just before serving or dip cut peaches in water with lemon juice (2 Tablespoons/quart).

■ To freeze cut peaches, first treat the slices to prevent browning (see above). Then freeze them on a baking sheet. Once frozen, transfer the slices to a freezer bag or container. Use within 12 months. Thaw in the refrigerator.



IDEAS FOR USING PEACHES

Quick Fix

- Peaches are a tasty snack eaten whole, chopped, or sliced.
- Add peaches to yogurt, cold cereal, or oatmeal to add sweetness and flavor.
- Peaches can be mixed into the batter of pancakes, waffles, muffins, or bread.
- Grill fresh peach halves for a simple dessert.

One pound of peaches = about 3-4 medium peaches = 2 cups sliced peaches

Peach Sundae

- 1 Tablespoon margarine or butter
- 2 cups chopped or sliced peaches (fresh, frozen or canned/drained)
- 3 Tablespoons packed brown sugar
- ¼ teaspoon ground cinnamon
- 3 cups (24 ounces) low fat yogurt (try plain, peach, vanilla or raspberry)

Melt margarine or butter in a medium skillet over medium heat (300 degrees in an electric skillet). Add peaches, brown sugar, and cinnamon. Stir occasionally until peaches are hot. Remove from heat. Spoon yogurt into five individual bowls. Top with warm peaches.

Makes: 5 cups. Prep Time: 10 minutes
Cook time: 5 minutes

Source: Foodhero.org/ Oregon State University



June is National Dairy Month

June is celebrated as National Dairy Month in the United States.

2025 Kentucky Dairy Facts:

- Kentucky has 340 dairy farms – a typical dairy farm has a herd of about 124 milking cows
- Kentucky is home to about 42,000 dairy cows – producing 7.68 gallons of milk per day
- The average value of a day's milk per cow is about \$15.00
- The total amount of milk produced in 2024 equated 98 million gallons
- The most consumed dairy product in Kentucky is cheese followed closely by ice cream.

Source: Making Every Drop Count – The Dairy Alliance

*All facts are based on 2024 USDA NASS & Circana Data

*Compiled by UGA CAES Department of Agriculture and Applied Economics



KIDS PAGE

SUMMER

WORD SEARCH

Find the words listed below in the word search and cross them.

S	U	N	N	Y	B	A	G	B	H	C	I	W
U	B	D	E	F	E	D	I	V	I	N	G	A
N	A	S	T	R	A	W	B	E	R	R	Y	T
G	R	J	O	L	C	P	R	Z	U	X	Q	E
L	B	N	K	M	H	S	C	T	Y	V	A	R
A	E	S	A	N	D	C	A	S	T	L	E	M
S	C	A	H	E	F	J	M	L	R	N	P	E
S	U	B	I	D	G	K	P	S	M	T	O	L
E	E	C	P	O	P	S	I	C	L	E	U	O
S	U	N	N	Y	V	Y	N	W	I	X	U	N
S	W	I	M	M	I	N	G	E	Z	A	C	D

sunny
watermelon
camping
sunglasses

beach
swimming
sandcastle
popsicle

surfing
strawberry
barbecue
diving





IT'S TIME TO GRILL



It's time to fire up the grill and get cooking! Grilling outdoors can liven up your summer social events with tasty food and fun, and it can also provide a nice break from your regular meal routine. Follow these grilling safety guidelines to keep grilling injuries from spoiling your next cookout:

- Use grills outside only.
- Keep the grill away from the house and any flammable materials.
- Use the right lighter fluid for your grill.
- Establish a child-and-pet-free zone.
- Clean the grill well before use.
- Don't overload the grill.
- Keep a spray bottle filled with water nearby.
- Never leave your grill unattended.
- Never add lighter fluid after the flame has been lit.

If you use a gas grill, follow these additional safety precautions:

- Make sure the lid is open before lighting it.
- If you smell gas, and the flame is off, turn the gas off.
- If you smell gas and the flame is on, get away immediately.

Source: University of Kentucky Exclusive June 14, 2024- Isaac Hilpp, Sr. Extension Specialist for 4-H Youth Development



Grilling Fruits and Vegetables



- Grills are so versatile for preparing a variety of foods including fruits and vegetables. Grilling fruit and vegetables has many benefits.
- You can add new flavors to some of your favorite dishes, increase your family's fruit and vegetable intake, and they typically take 10 minutes or less to cook.
- Stone fruits like peaches, cherries and plums do extremely well on the grill as do apples, strawberries and bananas. Select firm fruit that is not too ripe, as over-ripe fruit can end up too soft when grilled. You can enhance their flavor by applying olive oil or lemon juice before placing them on the grill.
- Firm vegetables like corn on the cob and asparagus are easy to prepare on the grill. Place them right on your grill's cooking grid. Frequently turn vegetables to keep them from burning on the grill. You can grill smaller or chopped vegetables by wrapping them in aluminum foil and then placing them on the cooking grid. Season your vegetables with olive oil and fresh herbs in the aluminum foil. Grilled vegetables taste great as a side dish or dipped in hummus.

Source UK Exclusive - Grilling Fruit and Vegetables - 05/30/2019 Heather Norman-Burgdolf, Assistant Extension Professor

Rowan County Extension Office
600 West Main Street
Morehead, KY 40351

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RECIPE



Peach Crisp

- | | |
|----------------------------------------|------------------------------------------|
| ½ cup quick cook oats | 6 cups peaches, peeled and sliced |
| ½ cup honey-sweetened granola | 1 teaspoon ground cinnamon |
| 3 tablespoons whole wheat flour | ¼ teaspoon ground nutmeg |
| ½ cup packed light brown sugar | ¼ teaspoon ground allspice |
| ¼ cup butter, softened | ¼ cup chopped pecans |

Preheat oven to 375 degrees F.
Combine the oats, granola, flour and brown sugar in a medium mixing bowl. **Cut** small pieces of softened butter over the top. **Cut** butter into dry ingredients until well combined and crumbly. Lightly **coat** an 8-by-8-inch baking dish with cooking spray, **add** peaches. **Sprinkle** the dry ingredients and butter mixture over the peaches. **Add** spices and chopped nuts evenly

over the top. **Place** on rack in the middle position in oven. **Bake** 25 to 30 minutes, or until topping is golden brown.

Yield: 9 servings

Nutritional Analysis: 200 calories, 8 g fat, 3.5 g saturated fat, 15 mg cholesterol, 5 mg sodium, 32 g carbohydrate, 2 g fiber, 20 g sugars, 3 g protein.