

Rowan County Family & Consumer Sciences



NEWSLETTER

May 2025

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Welcome to May 2025 - the month where where flowers bloom brighter, the sun shines warmer, and fresh opportunities sprout like springtime magic! Whether you're chasing dreams, embracing new adventures, or simply soaking in the beauty of the season, this is your time to flourish. Let May be filled with laughter, love, and light-hearted moments that make life extraordinary. Enjoy your loved ones and take time to enjoy life with them.



Peggy F. Jones

Peggy Jones
County Extension Agent for Family &
Consumer Sciences/4-H Youth
Development

May will lead us fast into Summer. It's a time to embrace lazy afternoons by the water, refreshing splashes in the pool, and laughter-filled gatherings, whether it's chasing the ice cream truck, exploring new destinations, or simply savoring the carefree rhythm of long, sunlit days, summer is an open invitation to celebrate life with energy and excitement. So, soak up the moments, breathe in beauty, and let the magic of the season fill you with pure happiness!

Be Happy and wear a smile, smiling creates fewer wrinkles.

Cooperative Extension Service

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

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Disabilities
accommodated
with prior notification.

UPCOMING EVENTS

MAY
28

Adult Strawberry Freezer Jam Class

10:00 A.M.

Peg's Place at City Park

Pre-register by calling the Extension Office at
(606) 784-5457.

JUNE
24 &
26

Youth Strawberry Freezer Jam Class

Cookie & Quick Bread Classes

Peg's Place at City Park

10:00 A.M. - 12 Noon

Ages - 9-15 years of age

Limit 10

Pre-register by calling the Extension Office at
(606)784-5457

JULY
9 &
10

Youth Super Star Chef Class

Peg's Place at City Park

Limit 10

Ages - 9-15 year of age

10:00 A.M. - 12 Noon

Pre-register by calling the
Extension Office at (606)784-5457

FREE

ESTATE PLANNING WORKSHOP

Tuesday, May 13, 2025

Time: 5:15 - 7:30 P.M.

Rowan County Fiscal Court Meeting Room
600 West Main Street, Courthouse

- An educational program to help individuals, siblings, couples, and families be better prepared for the distribution of resources and property after a death or during a crisis.

TOPICS COVERED

Benefits of Pre- Planning your Funeral Arrangements

Speaker: Helen Northcutt

*Co-Owner Northcutt &
Son Funeral Home*
5:15 P.M. - 6:15 P.M.

Probate Power of Attorney Medical POA's Living Wills

Speaker: Paige Barhorst Hicks
Attorney at Law
6:15 P.M. - 7:30 P.M.

Peggy Jones - County Extension Agent for Family &
Consumer Sciences/4-H Youth Development

Call the Rowan County Extension Office to pre-register by May 12, 2025
600 West Main Street, Morehead, KY 40351
Phone: (606) 784-5457

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Strawberries are an excellent source of vitamin C, which helps our skin, bones and teeth.

Shop and Save



Choose berries that are fully red, dry, and firm, with fresh-looking green caps. Ripe berries smell pleasant and sweet.



Strawberries do not ripen after picking, so avoid berries with white tops or tips. Avoid dull, shriveled, mushy or moldy berries.



The size and shape of a berry does not determine its flavor. Even small berries can be sweet and juicy.



Choose local berries for peak ripeness and flavor. Find them fresh in May and June.



Frozen strawberries are available year round. Look for those with no sugar added.

Store Well – Waste Less



For best flavor and texture, plan to use or freeze strawberries within 1 to 3 days.



Refrigerate strawberries with their caps attached and keep them dry to delay spoilage.



Rinse strawberries under cool running water just before serving. Drain and pat dry, then remove caps with a twist or the tip of a knife.



Freeze cleaned strawberries for longer storage. For best quality, use within 12 months.



Freeze whole berries on a baking sheet, then transfer to labeled freezer containers.



Pour crushed or pureed berries into labeled containers. Leave ½ to 1-inch at the top for the berries to expand.

Source: Foodhero.com Oregon State University

1 pound fresh strawberries

= 3 ½ cups whole berries
= 2 ½ cups sliced berries
= 1 ½ cups crushed berries





1 pint fresh strawberries

= 12 ounces whole berries
= 1 ¾ cups sliced berries
= 1 1/8 cups crushed berries


ENJOY STRAWBERRIES

Frozen Strawberry Yogurt




4 cups frozen strawberries (unsweetened)
1 cup nonfat or low-fat plain yogurt
3 Tablespoons sugar

Combine frozen strawberries, yogurt and sugar in a blender or food processor. Blend until creamy, about 2 to 4 minutes. Serve right away or freeze in an airtight container or in frozen treat molds for up to 1 month. Frozen leftovers will be very firm. Let soften, then scrape into serving bowls with a spoon. Makes: 4 cups





Strawberry Salsa



1½ cups chopped fresh strawberries (about 10 to 12 ounces or 1 pint)
½ jalapeno pepper, minced
¼ cup minced onion
2 Tablespoons finely chopped cilantro
1½ teaspoons lime juice

Mix all ingredients together in a bowl. Flavors will blend if mixture is refrigerated for 30 minutes or more before serving. Makes 2 cups.

Source: Foodhero.com Oregon State University



Redefining “Healthy”: The FDA’s new standards for food labels

When grocery shopping, you may notice food packages labeled as “healthy.” This term meant to help buyers easily identify options that can support their health. To use “healthy” on the label, foods must meet standards set by the Food and Drug Administration (FDA). When enjoyed within a balanced diet, these foods can contribute to overall well-being.



At the end of 2024, the FDA announced it would update its definition of “healthy,” originally developed in the 1990s. Because nutrition science has changed significantly since then, the new definition intended to align with current federal dietary guidance and support better health. According to the updated criteria, foods labeled “healthy” must include a certain amount of at least one food group—fruits, vegetables, dairy, grains or protein—and contain limited amounts of saturated fat, sodium and added sugars. These modifications reflect the emphasis on a balanced, varied diet rather than a focus on individual nutrients.

Under the original definition, products like yogurt, breakfast cereals, fruit snacks, snack bars high in added sugar, fortified white bread and fruit punch not containing 100% juice qualified as “healthy.” However, these no longer meet the updated requirements as they either contain too much added sugar or do not include specific amounts of certain food groups.

Foods that now qualify for the “healthy” label include fresh, frozen, canned or dried fruits and vegetables (as long as they contain limited saturated fat, sodium and added sugar), fatty fish such as salmon, trail mix with dried fruit (with

limited sodium and added sugar), plain low-fat or fat-free yogurt (with limited added sugar), eggs, water and 100% olive oil.

While food manufacturers may choose to include “healthy” on the label if their products meet these standards, not all nutritious options will necessarily carry this claim. Ultimately, the new definition can guide consumers toward foods that can support good health but does not encompass every food that can fit into a balanced diet.

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

BUDGET FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. You can Plan ahead to help manage travel costs and provide extra savings while on vacation. Here are some tips for making memories on road trips without breaking the bank.

LOCATIONS AND LODGING



Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances

for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in “off” seasons to find better deals.

CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas. Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. Source: MoneyWise Newsletter May 2025

EXPERIENCES>EXPENSES



Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment

within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Source: MoneyWise Newsletter May 2025

AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience. Source: MoneyWise Newsletter, May 2025



USING GREEK YOGURT IN RECIPES

You can use Greek yogurt in

both sweet and savory dishes. It is thicker and creamier than regular yogurt. This makes it a good choice in recipes instead of items like sour cream, mayonnaise, heavy cream, cream cheese and buttermilk. These items are often higher in fat and calories.

Yogurt is a food most people can put in their food plan. Here are some of the benefits of eating yogurt:

Gives key nutrients: Most types of yogurts are a great source of protein, riboflavin, vitamin B12, calcium, and phosphorus. It is also a good source of potassium, pantothenic acid, magnesium, and zinc
Helps gut health: Yogurt has special bacteria called probiotics that are good for your gut. They help to keep your digestion running smoothly and may help your immune system.
Build strong bones: Yogurt is packed with calcium and vitamin D, which are vital for making your bones strong.
Good for your heart: Eating yogurt often is linked to lower blood pressure and reduced risk of heart disease.
Easy to digest: Yogurt is well tolerated by people with lactose intolerance. This is because the active cultures in yogurt help to break down lactose. This makes it simpler to break down food compared to other dairy products.
Helps you feel full: Yogurt can help you feel full and satisfied. This is helpful if you are trying to keep a healthy weight.
Easy to enjoy: Yogurt comes in many flavors and types. Enjoy yogurt by itself, with fruit, or use it in smoothies.

Yogurt is a healthy food. Choose yogurts made with low-fat milk and less added sugar. Try adding yogurt to your meals and snacks. Source: Health Choices Newsletter May/June 2025

Spring Cleaning for your Mental Health

Ever feel like your home is practically shouting at you to tidy up? You're not alone! With busy schedules and endless to-do lists, it's easy for clutter to pile up—along with your stress levels. While spring cleaning might seem like just another chore, it can actually work wonders for your mental health. A fresh, organized home doesn't just look good; it helps you feel better, too.

Believe it or not, clutter can contribute to feelings of anxiety, overwhelm and even depression. When you're surrounded by mess and disorganization, it's a constant reminder of everything you still need to do. On the flip side, an orderly space can foster mental clarity, reduce stress and give you a sense of calm. If you're ready to spruce up your home—and your mind—here are some practical strategies:

1. **Prioritize tasks:** Start small instead of throwing yourself into a massive cleaning frenzy. Pick one manageable job—like decluttering a drawer or organizing a single shelf—and go from there. Success with smaller tasks can motivate you to tackle bigger ones later on.
2. **Focus on one room at a time:** It's easy to get stuck rushing from one part of the house to another, only to realize you've created more chaos. Concentrate on one area until it's done. Checking off each room provides a sweet sense of accomplishment.
3. **Use a timer:** Got a big job ahead, like sorting through an entire closet? Break it down. Set a timer for 20 or 30 minutes and work until it goes off. This keeps you focused, helps prevent procrastination, and makes large tasks feel more approachable.
4. **Spread out the cleaning:** Unless you thrive on marathon cleaning sessions, don't try to do everything at once. For most of us, it's easier on both mind and body to spread

tasks over several days or weeks. This way, you won't burn out before you're done.

5. **Ask for help:** Do you have more on your plate than you can handle alone? Call in reinforcements! Friends, family, or even roommates can make big projects more manageable. Plus, it can actually be fun when you're working together. Crank up the music, chat and turn it into a social event.
6. **Mindful cleaning:** As you dust or scrub, pay attention to the sensations in your body. Feel your muscles working, notice the scents around you and focus on the moment. This kind of mindfulness can reduce stress and help you relax.
7. **Celebrate your progress:** Give yourself a pat on the back or even a small reward each time you complete a task. Recognizing your achievements keeps you motivated and encourages a positive outlook.



Remember, the goal of spring cleaning isn't just a squeaky-clean home, it's also about giving your mental health a little TLC. By chipping away at clutter, focusing on one task at a time, and inviting mindfulness into your routine, you can turn spring cleaning into a surprisingly refreshing and stress-relieving experience. Source UK Exclusive April 10, 2025

TICK

Problem Prevention!

Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters . . . ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even



wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoor, especially when working or playing in a “tick-risky habitat.”

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grass.
- Buy pre-treat clothing or treat clothes with permethrin. If you treat your clothes, follow all label instructions.
- Use DEET or other repellents before going into a risky habitat. Find the right repellent for you and your family members by using the Environmental Protection Agency Tool <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
- Do a tick check periodically while outdoors and soon after returning home.
- Throw clothes in the wash, then the dryer on HIGH heat.

Take a “tick-kit” with you while out and about. This will include items that help you locate, remove and collect ticks, pull the skin tight, grab as close to the skin as possible with your tweezer, and pull straight up and out. DO NOT twist ticks to remove, that can break ticks and leave the mouthparts attached, potentially leading to infection.

Tick kit items

- Magnifying glass to find ticks.
- Tweezers or forceps.
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested.
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick.



Tick testing

Kentucky residents can send in ticks (found people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu.ticksurveillance> 2022.

What makes a location “tick-risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas – think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

Don’t let ticks keep you from enjoying all the beauty of Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

Source: UK Adult Health Bulletin, May 2025

KIDS PAGE

Spring Word Search

Can you find the words hidden
in the puzzle?



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

FLOWERS

SPRING

RAINBOW

BEE

BLOSSOM

SUNNY

LADYBUG

RAIN

BUTTERFLY

PICNIC

SPROUTS

GROW

WAYS TO PROTECT YOURSELF FROM THE SUN

The sun is important for farmers' careers and livelihoods, but the sun's powerful rays do not always shine to your benefit. Since you spend most of your time outdoors, you are at increased risk of not only getting suntans but also sunburns and skin cancers compared to other segments of the population.

While they may seem like a harmless part of your occupation, suntans are your bodies' defense mechanism against too much sun and can cause your skin to prematurely age. Premature aging results in skin changes such as freckles, rough skin and wrinkles.

Sunburns happen when your body receives too much of the sun's radiation. Besides being painful, a sunburn can cause the skin to blister. This is a sign of a second-degree burn.

Skin cancers occur when our bodies get too many ultra-violet rays. The three most common types of skin cancer are basal-cell carcinoma, melanoma and squamous-cell carcinoma. Basal-cell and squamous-cell carcinomas are the most common kinds of skin cancers, and when caught early, the great majority can be cured.

Melanoma is far more dangerous, as it can spread to other parts of your body including your organs. If not caught early, melanoma can be life threatening and even deadly. Melanomas appear as tan, brown or black spots and often appear near a mole or dark spot on the skin.

While anyone can get skin cancer, those of you with fairer complexions are at the greatest risk. This is because your skin cells contain less of the brown pigment melanin, which helps block damaging UV rays. This means you get burns and freckles easier than other skin types.

It is important for you to be aware of the warning signs of skin cancer and perform a self-check each month for signs of a potential skin problem. Warning signs include changes in color, size and shape of moles or dark spots on your skin. These spots may also ooze or bleed or cause pain, itchiness or tenderness. Your hands, feet and under your nails are particularly sensitive to sun exposure.



The good news is you can lower your risk of getting skin cancer by reducing your exposure to the sun. The sun's rays are the most powerful between 10 a.m. and 3 p.m., so you may want to move field work to the early morning or later in the afternoon to avoid the sun. When outside, wear a wide-brimmed hat, long-sleeved shirts and pants. Use sunscreen with a sun protective factor (SPF) of at least 15 on any exposed part of your body. Reapply sunscreen throughout the day so the sunscreen stays effective. Remember to wear sunscreen regardless of the weather. The sun's rays are present whether the day is sunny or cloudy.

If you notice any changes to your skin, contact a dermatologist or your primary care physician.

Source: Wayne Sanderson, professor and director of CARERC and SCAHIP UK Exclusive May 2021

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

RETURN SERVICE REQUESTED

WHAT'S COOKIN'?



Lean Green Lettuce Tacos

8 large lettuce leaves	$\frac{3}{4}$ pound extra lean ground beef	1 tablespoon finely chopped cilantro
1½ cup cooked brown rice	1 small zucchini, chopped	1 teaspoon lime juice
$\frac{3}{4}$ cup fresh corn kernels	1 ounce packet low-sodium taco seasoning	1 tomato, chopped
1 cup canned black beans, drained and rinsed	4 ounces low sodium tomato sauce	1 small red onion, chopped
1 tablespoon olive oil		

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.