

*Taylor County FCS*  
Extension Newsletter  
*June/July 2023*

**Cooperative Extension Service**  
Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511  
Fax: (270) 789-2455

# Wash That Produce!

Workshops	2
Book of the Month	2
Reminders	2
Workshops	3
Blood Drive	3
Volunteer Hours	3
KEHA State Meeting	4-5
Melon Berry Smoothie Recipe	
Health Bulletin Insert	

We've seen the number of foodborne illness outbreaks and recalls associated with fresh produce increase over the last year. And it's not just leafy greens like romaine lettuce and spinach. Tomatoes and cantaloupe have also been linked to outbreaks in years past.

Fruits and vegetables can become contaminated during the growing season, after harvest, during preparation, or during storage. Contamination can even occur during the shopping process from other shoppers' hands. You're not the only one to pick up every apple in the bin before selecting the perfect three or four.

Fresh fruits and vegetables are an important part of a healthy diet. However, harmful bacteria in the soil or water can contaminate them. Fresh produce might also be contaminated with pesticide residues.

Whether you grow the produce yourself, buy it at a farmers' market, or buy it from a grocery store, the Food and Drug Administration (FDA) recommends washing all produce right before eating or cooking.

Experts say don't wash it before storing it in the refrigerator because moisture can encourage bacterial growth and accelerate spoilage. The FDA also advises against washing pre-washed, ready-to-eat, bagged salad mixes and other leafy greens as you could unintentionally cross contaminate them in your own sink or countertop.

A simple rinse and hand rub under running water is good for most fruits and vegetables. Even drying with a paper towel helps to reduce any bacteria that could be present.

Fruits and vegetables with a rough exterior, such as cantaloupe, pineapple, and cucumbers, should be gently scrubbed with a soft brush under running water in order to remove surface contamination.

The FDA advises that it is not necessary to use soap or a produce wash. Running water along with gentle rubbing or scrubbing with a brush is sufficient.

Washing is also important if you will remove the skin or slice the produce. This will prevent contamination from the outside spreading to the inside when you cut into it.



Source: Annhall Norris, Extension Associate

*Patricia Z. Handberg*

Sincerely,

**Taylor County Contact  
Agent for FCS**



**Cooperative Extension Service**  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

# FRIED PIES

JUNE 28  
1:00 PM

TAYLOR COUNTY EXTENSION OFFICE  
1143 SOUTH COLUMBIA AVENUE  
CAMPBELLSVILLE, KY

Call (270) 465-4511  
to Sign Up Today!

Join us as we make more blankets to donate to the Taylor Regional Cancer Center!

No sewing required!

Wednesday, June 14, 2023  
10:00 AM - 12:00 PM

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718

# MERINGUES

Take part in the demonstration of making delicate meringues!

June 20 at 5:30 PM  
Or  
June 21 at 1:00 PM

Taylor County Extension Office  
1143 South Columbia  
Campbellsville, KY

Please call (270) 465-4511 to sign up now!



Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
& Youth Development

Substantial programs of Kentucky Cooperative Extension serve all people regardless of race, color, sex, religion, national origin, marital status, or disability. We are committed to providing equal access to our programs, services, and information. If you have a disability, please contact us for more information. If you have a disability, please contact us for more information.



## REMINDERS

Homemaker Council Meeting  
June 12, 10 AM  
End of the Year Club Reports  
Due June 30

## Book of the Month

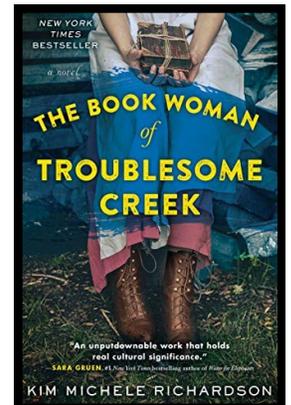
### ***The Book Woman Of Troublesome Creek* by Kim Michele Richardson (2019)**

The inspiring tale of the power of literature that casts librarians as heroes. Cussy Carter is a 19 year-old with blue skin that lives in eastern Kentucky. She delivered books on horseback as part of the Pack Horse Library Project. Cussy comes face-to-face with both the beautiful (and horrifying) facets of Appalachian life. This was a program of President Franklin D. Roosevelt's Works Progress Administration. This book is based on the blue skinned people of Eastern Kentucky and of the dedication and courage of one woman, Cussy Mary Carter, and her role as pack horse librarian in the 1930's in the mountains of Eastern Kentucky in a place called Troublesome Creek. Cussy was one of the last of the blue-skinned people (her skin was a soft shade of blue). She faces a lot of opposition, danger and prejudice from many of the people she meant to serve. Not only because of the color of her skin; but, also their fears of books. Her perseverance and dedication as she overcomes great odds to find happiness, love and acceptance as she brings the world of books to the folks of Troublesome Creek.

I was fascinated by this book, not only for the factual information, but something I was completely unaware of; but, also the heartfelt empathy the author shows in her telling of the story. She has also written a sequel, *The Book Woman's Daughter*, which was Cussy's story through her daughter's eyes. I give them both five stars!

Patty Sears, member of Mannsville Homemakers.

This book can be found in the Biographical section of the KEHA Booklist.



EASY TO SEW!

LITTLE BIT FUNKY .COM



CASSEROLE CARRIER!

June 26 at 1:00 PM

Taylor County Extension Office  
1143 South Columbia Ave.

or

June 29 at 5:30 PM

Campbellsville, KY  
Call (270) 465-4511 to sign up!

### What You Need to Bring:

- Two 22 in. squares of cotton
- One 5 in. by 22 in. strip of cotton
- Two 7 in. lengths of wide ribbon
- Matching thread



University of Kentucky  
College of Agriculture,  
Food and Environment

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disability accommodations  
www.uky.edu

# JOIN US AT CAMP DO GOOD.

Give Blood.



## Blood Drive Taylor County Homemakers

Extension Office Meeting Room  
1143 South Columbia Ave  
Campbellsville, KY 42718

Thursday, June 29, 2023  
1:00 p.m. to 6:00 p.m.

To schedule an appointment, please visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code: TaylorCoHomemakers or call 1-800-RED CROSS.



Scan to be directed to RedCrossBlood.org

Do good this summer! Come give in June for a \$10 gift card by email to a merchant of your choice.



Scan to schedule an appointment.

Be part of something big. Make an appointment.

1-800-RED CROSS | [RedCrossBlood.org](http://RedCrossBlood.org) | Download the Blood Donor App

© 2023 The American National Red Cross | 976859-01 CW

# VOLUNTEER HOURS

Did you know that an hour of volunteering in Kentucky is worth \$31.80?! Your time is **VALUABLE!** Make it count by turning in your volunteer hours to the Extension Office by July 1, 2023.

**We appreciate all of our volunteers and your hard work!**




Let's Decorate!

— 4<sup>TH</sup> JULY —

INDEPENDENCE DAY

\*\*\*\* RED, WHITE & BLUE \*\*\*\*

Create a beautiful decoration that will show your patriotism for the USA!

June 14 at 1:00 PM  
or  
June 15 at 5:30 PM

Taylor County Extension Office  
1143 South Columbia Ave.  
Campbellsville KY

Call (270) 465-4511 to sign up today!

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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race or color. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Disability accommodations  
www.uky.edu

# Cultural Arts Competition at KEHA State Meeting



Monica Hamilton  
Paper Crafting-Quilling



Christie Goodhue  
Quilts—Machine Pieced/Quilted



Sylvia Aldridge  
Jewelry-Mixed Media



Kris Fixari  
Recycled Clothing



Kris Fixari  
Basic Sewing Apparel



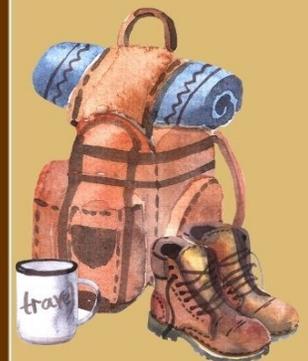
Carolyn Morris  
Embroidery Tatted



Kris Fixari  
Recycled—Household



Patty Gordon  
Cross Stitch—14 Count



# KEHA State Meeting



Debbie Wilcoxson accepts from Brenda Hammoms, State President, Taylor County's award for the Passport Contest.



Taylor County won a Development Grant for \$300. Sharon Wood accepts it for Taylor County.



Doris Shofner accepts 1st place in most donations to Ovarian Cancer Research. She also received a certificate for donating over \$1000 for Ovarian Cancer Research.



Taylor County won a Development Grant for \$300. Sharon Wood accepts it for Taylor County.



Taylor County showed up to support Karen Benningfield, who became an official member of the Master Farm Homemaker Guild.  
 Front Row: Sharon Wood, Roger Benningfield, Karen Benningfield, Angie Rodgers, Kara Back  
 Back Row: Pat Hardesty, Carolyn Morris, Christie Goodhue, Cindy Williams, Doris Shofner, Cyndy Humble.



Jeff Casada, Cyndy Humble, Debbie Wilcoxson, Christie Goodhue, Sharon Wood, Cindy Williams, Doris Shofner, Kris Fixari, Carolyn Morris, Joyce Johnson, Kim Lohr (Cumberland Co.), Daniel Wilson  
 Absent from photo: Ellen Goff, Lisa Holmes, and Jackie Thomas



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

Taylor County  
1143 South Columbia Avenue  
Campbellsville, KY 42718

NONPROFIT ORG  
US POSTAGE PAID  
CAMPBELLVILLE, KY  
PERMIT 1067

## Melon Berry Smoothie

**¼ cup** skim milk

**1 cup** low fat vanilla  
Greek yogurt

**2 cups** chopped honey  
dew melon

**1 cup** frozen blueberries,  
strawberries or mixed  
berries

**1 tablespoon** honey,  
optional

**Place** all ingredients in blender.

**Blend** together until smooth using  
the pulse function, if available.

**Pour** into serving glasses and serve  
immediately.

**Yield:** 4, 8 ounce servings.

**Nutritional Analysis:** 130 calories,  
1g fat, 0 g saturated fat,  
5 mg cholesterol, 55 mg sodium,  
28 g carbohydrate, 2 g fiber,  
24 g sugars, 3 g protein.



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

# ADULT

# HEALTH BULLETIN



**JUNE 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>

Taylor County Extension Office  
1143 South Columbia Avenue  
Campbellsville, KY 42718  
(270) 465-4511

## THIS MONTH'S TOPIC:

# BECOME A BLOOD DONOR



**B**lood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

**Continued on the next page** →



***There is a constant need for a regular supply of blood because it can only be stored for a limited time.***



**→ Continued from the previous page**

Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

**REFERENCE:**

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

---

**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com

