



Family and Consumer Science



Cooperative Extension Service

Ohio County
1337 Clay Street
Hartford KY 42347
(270)298-7441
ohio.ca.uky.edu



Nan Montgomery

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Agent for Family & Consumer Sciences

Scrumptious Strawberry Salad

<p>5 cups spinach ½ large cabbage head, chopped 1 cup golden raisins 1 cup halved red grapes 1 pint sliced strawberries ½ small red onion, sliced ½ cup toasted and chopped pecans (optional)</p>	<p>Dressing ¾ cup plain non-fat Greek yogurt or plain regular yogurt 3 tablespoons honey 6 tablespoons apple cider vinegar</p>	<p>3 tablespoons olive oil ½ teaspoon Dijon mustard 1 teaspoon poppy seeds 1 teaspoon salt ½ teaspoon pepper</p>
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Combine all salad ingredients together in a large bowl. Prepare salad dressing by **mixing** all ingredients together in a jar, **cover**, and **shake** well to combine. **Pour** dressing over salad mixture and **toss** to combine.

Yield: 8, 2-cup servings

Nutritional Analysis:

240 calories, 10g fat, 1g saturated fat, 0mg cholesterol, 340mg sodium, 33g carbohydrate, 4g fiber, 27g sugar, 6g added sugars, 5g protein



Follow us online!

Classes are listed on our Facebook page and website!

Following us online is an easy way to keep up with Ohio County FCS Extension.

Family and Consumer Sciences Facebook Page

<https://www.facebook.com/UKFCSExt>

University of Kentucky Family and Consumer Sciences Podcast

Extension Podcast: <https://ukfcsext.podbean.com/>

Check out our county website for information on all program areas.

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



Homemaker Happenings

Thought of the Day "Motherhood is the biggest gamble in the world. It is a glorious life force. Its huge and scary – it is an act of infinite optimism." -Gilda Radner

Roll Call: In May, we celebrate mothers. Share a favorite Mother's Day memory.

Dates to Remember:

May 10th Mothers Day- Happy Mother's Day!

May 9th- 11th KEHA Meeting

May 27th Opening Day Beaver Dam Farmers Market

May 28th- Memorial Day



Did you know you can be a GUEST VENDOR at the Beaver Dam Community Farmers Market for \$10. All vendors under 18 are free. Please contact John Stofer for more information. He can be reached at 270-256-2799.

Congratulations to Emma Wiles the 2023 Higher Education Scholarship winner. Emma is a member of Taylortown homemakers club and granddaughter of Wilma Boswell.

If you are interested in these workshops please sign-up by calling 270-298-7441

University of Kentucky
College of Agriculture,
Food and Environment
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JOIN US FOR A
Flower Arrangement Workshop

June 20th
2:00pm
Ohio County Extension Office
Teacher: Kelsey Wallace
Cost \$25
Reserve your spot by calling 270-298-7441 by June 6th.

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Succulent Terrarium Workshop

Amber McIntosh will teach you how to brighten up your home with succulents. We will be making a fairy arrangement.

July 20th
6:00 PM
Cost \$20
Ohio County Extension Office

Participants need to bring a vessel large enough to hold three succulents. All other supplies will be provided. You must sign up by calling 270-298-7441.

KCP Kentucky Cancer Program

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

Cancer Prevention Workshop

Tuesday, May 2, 2023
Ohio Co Extension Office at 5:00 pm

Sign up for this workshop to increase your awareness of cancer prevention and risk factors. A light meal will be provided.

Speaker :
Jamie Rafferty

REGISTER NOW!
270-298-7441

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POTTERY WORKSHOP

We will be making a bowl with teacher Renee Bliznick

July 10th 2:00 PM
Ohio Co Extension Office
Cost \$5

For registration:
270-298-7441

ADULT HEALTH BULLETIN



MAY 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>

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THIS MONTH'S TOPIC: GARDENING SAFELY



The warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

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Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.

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garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

Other important tool tips:

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

REFERENCE:

<https://www.assh.org/handcare/safety/gardening>

ADULT
HEALTH BULLETIN

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