

# LIVINGSTON COUNTY EXTENSION

## Home & Family Newsletter

### August 2025

## Safe & Healthy Picnics

Warm sunny weather encourages outdoor activities like walking, cycling, swimming, or a friendly game of wiffle ball. Take advantage of a local park and all their offerings this summer by planning a picnic with family or friends. Summer is also peak season for many fruits and vegetables. It makes sense to combine them. But bacteria can grow rapidly in warm weather. Keep your family and friends from getting sick by following these food safety picnic tips.

**Have a way to wash your hands.** It's not always easy to wash your hands at a picnic. You may be in an area where restrooms or hand-washing facilities are not available. Pack extra bottled water, soap, and disposable towels for hand-washing. You can use hand sanitizer or hand sanitizing wipes (these are different than disinfecting wipes used for cleaning) as a back up option if necessary.

**Pack Smart.** Take only the amount of food you'll eat. Pack small quantities of food so there is no food waste or leftovers to worry about. You can plan a picnic with simple nutritious menus like peanut butter and jelly on whole-grain bread or crackers, fresh fruit and vegetables, yogurt-based dips, baked chips or pretzels, and mixed cheeses. Bring bottled water or try flavored or infused water to keep hydrated while outside.

**Keep food out of the danger zone.** When traveling with food, keep cold foods cold and hot foods hot. Bacteria multiply quickly between 40 degrees F and 140 degrees F- the danger zone. Use a cooler when transporting perishable food to keep temperatures at 40 degrees or below to limit bacterial growth. This includes cut fruits and vegetables. You can use frozen water bottles, gel packs, or zipper bags of ice to keep food cold. Place the cooler inside the air-conditioned car when traveling, and not in the trunk. Store it in the shade once you've arrived. Do not take hot food on a picnic unless you have a way to keep it 140 degrees F or above during transport and serving.

Cooperative Extension Service Livingston County  
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Livingston County Family & Consumer Science Agent



 **Martin-Gatton**  
College of Agriculture,  
Food and Environment  
University of Kentucky.

#### Cooperative Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

## Safe & Healthy picnics Continued....

**Separate raw from ready to eat food.** If you plan to grill during your picnic, make sure to transport raw meat in a different cooler than other foods. Bring plenty of plates and utensils so you don't place cooked meat (or other food) on the same plate that held raw meat or its juices. Remember to bring a meat thermometer to ensure grilled food reaches the proper internal temperature. Cook beef burgers to 160 degrees F, pork chops to 145 degrees F, chicken to 165 degrees F, and hot dogs according to package directions. Consider grilling vegetables too. You can cook them right on the grill or in a foil packet to your desired doneness.

**Don't let food sit out.** Food should not remain at room temperature for more than two hours. Throw away any leftovers that have been sitting out for more than two hours, 1 hour if the temperature is above 90 degrees F.

With a little planning, you can make your next picnic a safe and healthy outdoor event. For more information on food safety and dining outdoors, contact the extension office!

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist.

## Trail Etiquette and Safety

State parks are great places to enjoy nature, but it's important to follow some basic rules to keep them clean and safe for everyone. One of the most important rules is to always clean up after yourself. Don't leave any trash behind, and make sure you stay on marked trails to protect plants and wildlife.

When you're on a trail, remember to share the space with others. If someone is coming uphill, let them go first. If you're on a bike or horse, let hikers have the right of way. Walk in a single line if you're in a group so you don't block the trail. Keep the noise down so everyone can enjoy the peacefulness, and use headphones if you want to listen to music.

If you bring a pet, make sure it's allowed in the park. Keep it on a leash at all times. Always pick up after your pet to help keep the park clean.

Finally, follow the park's rules and respect signs about where you can and can't go. By doing these things, you help keep our parks safe, clean, and enjoyable for everyone.



# Livingston County Homemaker News

## Open Sewing Day : The first Tuesday of each month - 9:00 am until 2:00 pm

Open sewing day is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. Open Sewing is for anyone who wants to utilize our meeting room to continue sewing projects you have started but have not finished yet.

## Block of the Month Homemakers Club: The Second Tuesday of each month - 9:00 am until 2:00 pm

Block of the Month is held at the Livingston County Extension Office, 803 US Hwy 60 East, Smithland, KY. For more information please contact Joni Phelps at (270) 928-2168 or email [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## Pins & Needles Homemaker Club: The Third Tuesday of each month - 9:00 am until 2:00 pm

This is a great way to learn all different types of sewing projects outside of quilting. If you have any questions about this project please call Joni K. Phelps at (270) 928-2168 or email her at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).

## Unfinished Projects Day “UFO”: The Fourth Tuesday of each month - 9:00 am until 2:00 pm

Do you have a lot of Unfinished projects and you just can't find the time to finish them? Do you start one project and then move on to another one before finishing the one you started on 1st? Here is your chance to step away from the other project at home and bring a project you can finish without starting another project. The Livingston County Extension office meeting room will be open for your use on the 4th Tuesday of each month. If you would like more information about “UFO” day please reach out to Joni K. Phelps at (270) 928-2168 or [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).



Sometimes life is messy. Have you ever wished you could refocus your mind, home, relationships, and work life? Join Family & Consumer Sciences Agents in Caldwell, Christian, Hopkins, and Livingston on our podcast airing each Tuesday as we use research-based information to make practical changes and simplify life. You can find the podcast, Life Simplified, on your favorite podcast app.

[lifesimplifiedpodcast.com](http://lifesimplifiedpodcast.com)



**A****B****C****D****E****F**

# BARN QUILT PAINT PARTY

## BY LIZ'S BARN QUILTS

*Thursday, August 28, 2025*

**9:00 AM - 3:00 PM**

**Livingston County Extension Office**

**803 U.S. 60 East, Smithland, KY 42081**

### PRICES INCLUDE:

- All Supplies (boards, brushes, paint, etc.)
- Board primed and ready to paint
- Lunch (Please advise if you have any special dietary needs)
- Paint colors can be decided day of event
- **MUST BE PAID IN FULL BY JULY 28, 2025**

Sorry, no refunds on missed event- alternate arrangements will be available. Please bring your own drink, hair dryer, and .94 " Frog Tape

**PLEASE MAKE CHECKS OUT TO LIZ'S BARN QUILTS OR ELIZABETH CURTIS. CALL 270-928-2168 TO REGISTER. SPACE IS LIMITED**

### Outdoor Signs:

2'X2' are \$130.00

3'X3' are \$190.00

4'x4' are \$270.00



**UK** Cooperative Extension Service

Cooperative Extension Service

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# Chair Yoga

*Relax. Stretch. and Strengthen — All From a Chair!*

## **Class Dates (subject to change)**

August 4, 11, 18 & 25

September 8, 15, 22, & 29

October 13 & 27

November 3, 10, 17 & 24

**Time: 10:00 a.m.**

**Location: Livingston County Extension Office**  
**803 U.S. 60 East, Smithland, KY 42081**



*Join us for gentle, accessible yoga designed for every body, regardless of experience or mobility.*

This class is perfect for seniors, beginners, or anyone looking to improve flexibility, balance, and relaxation in a supportive, seated format. Free to attend! Bring a friend and enjoy moving mindfully together.



For more information contact the Livingston County Extension Office at 270-928-2168 or by email at [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu).





**ILLINOIS**  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

**George Coon**  
Public Library

**UK** Cooperative  
Extension Service

**Dates:**

July 23, 2025  
August 20, 2025  
September 17, 2025  
October 15, 2025  
November 5, 2025  
December 17, 2025

**Location:**

Livingston County Extension Office  
803 US 60 East  
Smithland, KY 42081

**Time:**

2:00 - 3:00 pm

Let's boost brain power with fun, challenging puzzles while connecting with others.

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Lexington, KY 40506



**Upcoming Chapter  
Chasers Meetings**

August 26th  
September 30<sup>th</sup>  
October 28th

**The Chapter Chasers**

July 29, 2025

6:00 p.m.

Livingston County Public Library  
321 Court Street, Smithland

This month's book is:  
Code Name Helene by Ariel Lawhon

Call the Extension Office at  
270-928-2168 for more information.

**Martin-Gatton**  
College of Agriculture,  
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**BOOK CLUB**



FOR MORE INFORMATION PLEASE CONTACT

JONI PHELPS AT 270-928-2168 OR JKBARR3@UKY.EDU

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LEXINGTON, KY 40546



# Cooking Through the Calendar



Wednesday, August 20, 2025

10:00 a.m.

Livingston County Extension Office

803 U.S. 60 East, Smithland

Join us as we cook through the  
“2025 NEP Food and Nutrition Calendar” month by month  
*August's recipe: Slow Cooker Asian Pork Tacos*



To register call  
270-928-2168 or email  
[jkbarr3@uky.edu](mailto:jkbarr3@uky.edu)  
by August 18<sup>th</sup> 2025

September 17, 2025 - 10:00 a.m. *Grits, Greens & Egg Bowl*  
October 15, 2025 - 10:00 a.m. *Cheesy Pumpkin Pasta Bake*  
November 5, 2025 - 10:00 a.m. *Parmesan Carrot Chips*

# Pinterest Club

*Fall In Love fall craft*

**August 14, 2025**

**5:30 p.m.**

**Livingston County Extension Office**

**803 U.S. 60 East, Smithland, KY 42081**



**Cost: \$10**

To register call the office  
at 270-928-2168, or  
email [jkbarr3@uky.edu](mailto:jkbarr3@uky.edu),  
by August 11, 2025



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Lexington, KY 40506



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**Upcoming Pinterest Club Dates:**

**September 4<sup>th</sup>. 2025 @ 5:30 p.m.- *Wooden Mosaic Coasters***

**October 2, 2025 @ 5:30 p.m. - *Pumpkin Wreath***



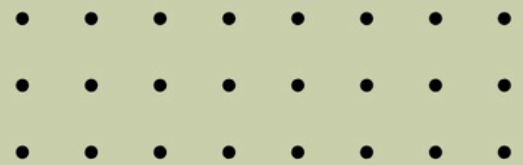


# Transferring Cherished Possessions

**Livingston County Extension Office**  
**803 U.S. 60 East, Smithland**

**September 15, 2025, 6 p.m.**

**Lesson 1: Where Do I Start?**



**September 29, 2025, 6 p.m.**

**Lesson 2: What Is Fair**

**October 13, 2025**

**Lesson 3: Who Gets What?**

**October 27, 2025, 6 p.m.**

**Lesson 4: How Can We  
Communicate Without Conflict**

**To register, or  
for more  
information,  
call the office at  
270-928-2168**



# Recipe Corner



## Summertime Sensation Casserole

**4 strips** turkey bacon    **½ teaspoon** salt    **2 cups** tomatoes, chopped  
**⅓ cup** minced onion    **⅛ teaspoon** black pepper    **⅓ cup** reduced fat shredded cheddar cheese  
**3 tablespoons** diced green pepper    **1 teaspoon** dried sweet basil

1. In a large skillet, **cook** turkey bacon until crisp.
2. **Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.
3. **Cut** corn from cob and add to onion and green pepper mixture in skillet.
- Add** salt, black pepper, basil and tomatoes. **Cook** 5-10 minutes. **Add** chopped turkey bacon and cook an additional minute.
4. **Pour** skillet contents into a greased 1-1/2 quart casserole dish.
5. **Top** with shredded cheddar cheese.
6. **Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.

**Yield:** 5, ½ cup servings.

**Nutrition Analysis:** 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.

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



## Kentucky Sweet Corn

**SEASON:** July to August

**NUTRITION FACTS:** Corn is low in fat and is a good source of fiber and B vitamins, with 90 calories in a one-half cup serving.

**SELECTION:** Look for ears with green shucks, moist stems and silk ends that are free of decay. Kernels should be small, tender, plump and milky when pierced. They should fill up all the spaces in the rows.

**STORAGE:** Keep unshucked, fresh corn in the refrigerator until ready to use. Wrap ears in damp paper towels and placed in a plastic bag for 4 to 6 days.

**PREPARATION: To microwave:** Place ears of corn, still in the husk, in a single layer, in the microwave. Cook on high for 2 minutes for 1 ear, adding 1 minute per each additional ear. Turn the ears after 1 minute. Let corn set for several minutes before removing the shucks and silks.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**To boil:** Remove shucks and silks. Trim stem ends.

Carefully place ears in a large pot of boiling water. Cook 2 to 4 minutes or until kernels are tender.

**To grill:** Turn back the shucks and remove silks. Sprinkle each ear with 2 tablespoons of water and nonfat seasoning such as salt, pepper or herbs. Replace shucks and tie them shut with a string that has been soaked in water. Place ears on a hot grill for 20 to 30 minutes, turning often.

### SWEET CORN

#### Plate It Up! Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition and Food Science students

June 2012

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