



# LIVINGSTON COUNTY EXTENSION Home & Family Newsletter July 2024

## Family Time: Celebrating 4th of July Together

In a world filled with hustle and bustle, the 4th of July provides a perfect opportunity for families to come together and cherish quality time in each other's company. As fireworks light up the night sky and the air is filled with echoes of celebration, families across the nation unite to mark this special day with love and togetherness.

From backyard barbecues to festive parades, the 4th of July offers a myriad of activities for families to enjoy. Amidst the patriotic decorations and red, white, and blue attire, the true magic of the day lies in the bond shared between family members. Whether it's playing outdoor games, watching fireworks displays, or simply sharing stories and laughs, the essence of family time shines brightly on this day.

As we celebrate the birth of our nation, let us also celebrate the gift of family and the joy it brings to our lives. May this 4th of July be filled with laughter, love, and unforgettable moments that strengthen the ties that bind us together as a family. Here's to treasuring these cherished moments and creating lasting memories that will be cherished for years to come.

Happy 4th of July!

Joni Phelps



# HOMEMAKERS 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 them 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 Forth Tuesday of each month – 9:00 am until 2:00 pm**

Do you have a lot of Unfished 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. Livingston County Extension office meeting room will be opened up 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).



### **Dial Gauge Pressure Canner Testing:**

We check canner gauges for accuracy (the type with a numbered dial gauge with a needle, not the “jiggler” type). This service is free of charge. Just bring your lid by the Livingston County Extension Office.

**IMPORTANT**

**Life SIMPLIFIED**  
FCS PODCAST

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 new podcast airing each Tuesday as we use research based information to make practical changes and simplify life.

**LIFESIMPLIFIED**  
Family and Consumer Sciences

University of Kentucky  
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**LISTEN ON YOUR FAVORITE PODCAST APP EACH TUESDAY!**

**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 new 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)

# Recipe Corner



## Asparagus Tomato Salad

**1 pound** of fresh asparagus, trimmed and cut into 1-inch pieces  
**1 small zucchini**, halved and cut into ¼ inch slices  
**3 tablespoons** olive oil  
**2 tablespoons** red wine vinegar  
**1 garlic clove**, minced

**¼ teaspoon** seasoned salt  
**¼ teaspoon** honey mustard  
**1 cup** cherry or grape tomatoes, halved  
**¼ cup** sliced green onions  
**¼ cup** shredded fresh mozzarella cheese  
**¼ cup** minced fresh parsley

**Place** the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes. **Rinse** in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. **Pour** over asparagus mixture; **toss** to coat. **Toss** in

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley.

**Yield:** 6 servings

### Nutritional Analysis:

110 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 35 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g sugar, 4 g protein.



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

## Kentucky Asparagus

**SEASON:** April through May

**NUTRITION FACTS:** Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein and 4 grams of carbohydrate.

**SELECTION:** Choose bright green stalks with tightly closed tips. The most tender stalks are apple green in color with purple-tinged tips.

**STORAGE:** Fresh asparagus will keep 1-2 weeks in the refrigerator. Refrigerate upright with cut ends in water or with cut ends wrapped in wet paper towels in a plastic bag.

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

**PREPARATION:** One pound of asparagus will yield 4 one-half cup servings, about six spears per serving. Wash asparagus thoroughly in cool, running water. Eat asparagus raw or lightly boil, steam, stir-fry or grill. Overcooked asparagus will be mushy. Try seasoning it with herbs, butter or Parmesan cheese.

### KENTUCKY ASPARAGUS

#### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

March 2015

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.uky.edu/fcs](http://www.uky.edu/fcs)

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# MONEYWISE

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## THIS MONTH'S TOPIC: PROTECTING YOUR ASSETS WITH INSURANCE

When it comes to paying for auto, health, and home insurance, having adequate coverage is essential. However, you may be unsure what policies you need or how to determine if your coverage is enough. Learning how to protect your assets through insurance is a good step to ensuring you take care of your financial future.

### AUTO INSURANCE

According to the Kentucky Transportation Cabinet, the KY Legislature has mandated a crackdown on uninsured motorists across the Commonwealth. The state of Kentucky requires that all drivers are insured under minimum liability coverage, often described as 25/50/25. This means you are insured up to \$25,000 for bodily injury per person, \$50,000 for bodily injury per accident, and \$25,000 for property damage per accident. Additionally, if you are borrowing money to pay for the car, you must make sure that you meet the requirements of both the state and the lender. Typically, lenders require collision and comprehensive coverage, but it will depend on your loan. Be sure to check your requirements. To learn more and make sure you are properly insured, visit <https://drive.ky.gov/Vehicles/Pages/Mandatory-Insurance.aspx>.



### HOME INSURANCE

Whether you bought a home or are renting, it is important to have proper insurance coverage. When owning a home, homeowners insurance helps protect the assets inside your home, as well as protecting the property. Typically, lenders require that you have some type of home insurance while you make payments on your mortgage. Common types of homeowners insurance include dwelling, other structures (such as a barn or detached garage), personal property, loss of use, personal liability, and medical payments to others. You may also be required to have hazard or flood insurance depending on where you live. Review your coverage regularly, especially to ensure your policy accounts for inflation and current replacement costs.



## WHETHER YOU BOUGHT A HOME OR ARE RENTING, IT IS IMPORTANT TO HAVE PROPER INSURANCE COVERAGE



For renters, insurance can protect your personal property from natural disasters or theft. Kentucky does not require renters insurance, but most property landlords do. Renters insurance works much like homeowners insurance, but it does not protect the value of the residence for the renter. Essentially, it is there to protect the personal property and liability owned by the tenant, which the landlord would not cover if something happened to the property. To learn more about homeowners or renters insurance, visit <https://finred.usalearning.gov/assets/downloads/FINRED-HomeInsurance-FS.pdf>.

### HEALTH INSURANCE

With healthcare costs soaring, it is important to understand what type of coverage you need and all associated costs, as well as what your current policy covers (and doesn't cover). When comparing health insurance plans, consider the following:

- The **premium**, or the amount of money you will pay monthly, quarterly, or annually, depending on your policy.
- The **deductible**, or the amount of money you have to pay before your health insurance will cover the expenses.
- The **co-payment**, or the amount you must pay after insurance for prescriptions and appointments.
- The **maximum out-of-pocket cost**, or the total amount you must pay before insurance will cover the remaining expenses.

Regardless of policy, make sure all the above costs fit within your budget, and double-check that the insurance covers the hospitals and doctors' offices near you, and/or your preferred providers. Many employers offer medical benefits that are deducted out of your paycheck. Additionally, Medicaid, Children's Health Insurance Program (CHIP), or Medicare may be an option for those who meet income and/or age-based requirements. For more information on health coverage basics, visit <https://www.cms.gov/marketplace/technical-assistance-resources/training-materials/health-coverage-basics-training.pdf>.

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# LIVINGSTON COUNTY FAIR

## OPEN EXHIBITS

### EXHIBIT CHECK-IN:

**MONDAY, JULY 8, 2024**

**3:00 PM – 6:00 PM**

**TUESDAY, JULY 9, 2024**

**9:00 AM – 12:00 PM**

**LIVINGSTON COUNTY FAIR**

**LOCATED AT**

**799 US 60 EAST**

**SMITHLAND, KY 42081**

### EXHIBIT HALL OPEN:

**JULY 11, 2024**

**4:00 PM – 8:00 PM**

### EXHIBIT PICK-UP

**FRIDAY, JULY 12, 2023**

**10:00 AM – 2:00 PM**

**MORE INFO CONTACT**

**JONI K. PHELPS AT 270-928-2168**

**OR [JKBARR3@UKY.EDU](mailto:JKBARR3@UKY.EDU)**

# **Livingston County Fair**

## **Open Exhibits**

### **GENERAL RULES**

- 1. First, second and third place will be awarded in each class.**
  - a. 1st place- \$3.00**
  - b. 2nd place- \$2.00**
  - c. 3rd place-\$1.00**
- 2. Only one entry per person per class!**
- 3. All entries must be entered at the Livingston County Fair Barn on Monday, July 8, 2024 from 3:00PM - 6:00PM or Tuesday, July 9, 2024 from 9:00AM - 12AM.**
- 4. All judging for this division will be held July 10, 2024. Only division superintendent and judges will be allowed in the building.**
- 5. Items must be made, processed or grown by the exhibitor within the previous 12 months.**
- 6. If there is a class for an item, it cannot be entered in miscellaneous.**
- 7. Items must be clean, pet hair free and stain free.**
- 8. Articles determined to be of insufficient quality by the superintendent will not be allowed to be entered.**
- 9. Livingston County Fair Association, LLC will use the utmost care to guard and protect exhibits. However, Livingston County Fair Association, LLC assumes no liability for lost, damaged, soiled, or stolen items.**
- 10. Entries may be picked up Friday, July 12, 2024 from 10: 00AM to 2:00PM. After Friday, July 12, 2024, entries may be picked up at the Livingston County Extension Office during regular business hours 8:00 AM - 4:30 PM. Items not picked up by July 26, 2024 will be donated or discarded and premium monies will be forfeited.**

## FOOD DIVISION

**All food entries must be on a disposable plate and in clear re-sealable bags.**

- 100-00 Biscuits (3)
- 100-01 Corn Meal Muffins (3)
- 100-02 Yeast Rolls (3)
- 100-03 Sweet Rolls (3)
- 100-04 Coffee Cake (1/2 loaf)
- 100-05 Yeast Bread (1/2 loaf)
- 100-06 Other Bread (1/2 loaf)
- 100-07 Chocolate Cake (1/4 of cake)
- 100-08 Pound Cake, not iced  
(1/4 of cake)
- 100-09 Angel Food Cake (1/4 of cake)
- 100-10 Other Cake (1/4 of cake)
- 100-11 Cupcakes, iced (3)
- 100-12 Best Decorated Cake
- 100-13 Oatmeal Cookies (6)
- 100-14 Sugar Cookies (6)
- 100-15 Chocolate Chip Cookies (6)
- 100-16 Peanut Butter Cookies (6)
- 100-17 Other Cookies (6)
- 100-18 Chocolate Brownies (4)
- 100-19 Other Brownies (4)
- 100-20 Bar Cookies (4) please label.
- 100-21 No Bake Cookies (4)  
please label.
- 100-22 Nut Pie (1/4 of pie)
- 100-23 Chess Pie (1/4 of pie)
- 100-24 Fruit Pie (1/4 of pie)
- 100-25 Coconut Pie (1/4 of pie)
- 100-26 Other Pie (1/4 of pie)
- 100-27 Chocolate Fudge (6 pieces)
- 100-28 Peanut Butter Fudge (6)
- 100-29 Other Fudge (6)
- 100-30 Divinity (6)
- 100-31 Brittle (6)
- 100-32 Dipped Candy (6)
- 100-33 Other Candy (6) please label.

## OPEN PHOTOGRAPHY

### Color Photos

- 500-00 Posed People (single, couples, or group)
- 500-01 Candid People (engaged in activity, not posed)
- 500-02 Places and Landscape
- 500-03 Things and Still Life
- 500-04 Plants, Flowers and Trees
- 500-05 Animals, Insects and Wildlife
- 500-06 Agriculture Scene (Barns, Crops, Livestock, General Farm Scene)
- 500-07 West Kentucky Landmark

### Black and White Photos

- 500-08 B&W Posed People  
(single, couples, or group)
- 500-09 B&W Candid People  
(engaged in activity, not posed)
- 500-10 B&W Places and Landscape
- 500-11 B&W Things and Still Life
- 500-12 B&W Plants, Flowers and Trees
- 500-13 B&W Animal, Insects and Wildlife
- 500-14 B&W Agriculture Scene  
(Barns, Crops, Livestock, General Farm Scene)
- 500-15 B&W West Kentucky Landmark

### Other Photography

- 500-16 Anything Goes (Dramatically computer enhanced or radically altered-Color, B&W, Sepia, or Combination)
- 500-17 Miscellaneous (Only items that cannot be entered in another category)



# Marketable Skills

## Hand Crafted Items

- 300-00 Pillow (any)
- 300-01 Adult Clothing (any garment-machine or hand-sewn)
- 300-02 Baby Clothes (any garment- machine or hand-sewn)
- 300-03 Children's Clothing (any garment-machine or hand-sewn)
- 300-04 Decorated Clothing (may be purchased. Must be decorated or embellished by exhibitor)
- 300-05 Doll Clothes (3 outfits)
- 300-06 Tote Bag or Purse
- 300-07 Hand-Knitted Scarves
- 300-08 Hand-Crocheted Scarves
- 300-09 Knitted or Crocheted article (no Afghans, doilies, collars, scarves)
- 300-10 Knitted or Crocheted Collar or Doily
- 300-11 Weaving
- 300-12 Ceramic Piece
- 300-13 Christmas Wreath
- 300-14 Christmas Decoration
- 300-15 Christmas Ornament
- 300-16 Holiday Decoration (other than Christmas)
- 300-17 Patriotic Article
- 300-18 Potholder
- 300-19 Decorated Wreath (other than Christmas)
- 300-20 Decorated Hat
- 300-21 Photo Album
- 300-22 Photo Album or Scrapbook
- 300-23 Angels
- 300-24 Card Making
- 300-25 Handcrafted Jewelry
- 300-26 Handcrafted Flowers
- 300-27 Barrettes, Bows, Hair Accessories
- 300-28 Lamp Shades
- 300-29 Wood Crafts
- 300-30 Handmade Doll or Animal
- 300-31 Handmade Toy
- 300-32 Article from Recycled Product
- 300-33 Miscellaneous (Item can't be entered into another category)
- 300-34 Antique Craft Item (50 years or older, list approximate age)

- 300-35 Needlepoint on Plastic Canvas
- 300-36 Cross Stitch Article (no framed pictures)
- 300-37 Hand-Embroidered Article (no framed pictures)
- 300-38 Other Needlework (no framed pictures)
- 300-39 Drawing
- 300-40 Watercolor Picture
- 300-41 Acrylic Painting
- 300-42 Oil Painting on Canvas
- 300-43 Hand Painted Gourd

## Home Furnishing Classes

- 400-00 Baby Quilt
- 400-01 Quilt (pieced patchwork, hand-quilted, applique, embroidered, or cross stitch)
- 400-02 Quilt-Machine Quilted
- 400-03 Quilt- Long Arm Quilted
- 400-04 Quilt- Antique (50 yrs or older, judged by beauty, age, condition. List approximate age)
- 400-05 Quilt- Other
- 400-06 Other Quilted Item
- 400-07 Afghan (Knitted or Crocheted)
- 400-08 Baby Afghan (Knitted or Crocheted)
- 400-09 Tablecloth
- 400-10 Crocheted or knitted tablecloth or spread.
- 400-11 Hand-Made or hand-embellished napkins (2)
- 400-12 Pillowcases (hand-made or embellished with embroidery, crochet or lace trim)
- 400-13 Crewel Picture (framed & matted by exhibitor, any size)
- 400-14 Framed Picture (framed & matted by exhibitor, any size)
- 400-15 Counted Cross Stitch picture (created, framed and matted by exhibitor, any size)
- 400-16 Stamped Cross Stitch picture (created, framed and matted by exhibitor, any size)
- 400-17 Wall Hanging (fabric or other)
- 400-18 Antique Handiwork (no quilts, 50 yrs or older- List approximate age)
- 400-19 Homemade wooden item
- 400-20 Miscellaneous (only items that cannot be entered in another category)

# HOME PRESERVATION

## RULES:

1. Jars must be clean and lids free from rust or food product.
2. Must have proper head space.
3. All entries must be home canned.
4. All entries must be in clear standard canning jars of suitable size.
5. All jars must have two-piece lids.
6. Entries must be labeled with product name, date of preparation and processing method.
7. All entries must have been canned since July of last year.



## PREMIUMS OFFERED:

Do I really need to leave a certain amount of headspace in the jar?

Yes, leaving the specified amount of headspace in a jar is important to assure a vacuum seal. If too little headspace is allowed the food may expand and bubble out when air is being forced out from under the lid during processing. The bubbling food may leave a deposit on the rim of the jar or the seal of the lid and prevent the jar from sealing properly. If too much headspace is allowed, the food at the top is likely to discolor. Also, the jar may not seal properly because there will not be enough processing time to drive all the air out of the jar.

## HEADSPACE GUIDELINES:

These headspace recommendations come from the National Center for Home Food Preservation. If in doubt, please consult a recipe.

- **Vegetables:** Most vegetables require a 1-inch headspace
- **Tomatoes, Tomato Juice, Salsa:** ½-inch headspace
- **Tomato Sauce:** 1/4-inch headspace
- **Tomato Ketchup, Tomato Relish:** ⅛-inch headspace
- **Spaghetti Sauce:** 1-inch headspace
- **Fruit Juices:** ¼-inch headspace
- **Fruit:** ½-inch headspace
- **Jellies, Jams, Preserves:** ¼-inch headspace
- **Applesauce:** ½-inch headspace
- **Apple Butter, Fruit Butters:** ¼-inch headspace



# HOME PRESERVATION

## Jelly Class

- 200-00 Apple Jelly
- 200-01 Blackberry Jelly
- 200-02 Cherry Jelly
- 200-03 Crabapple Jelly
- 200-04 Grape Jelly
- 200-05 Peach Jelly
- 200-06 Plum Jelly
- 200-07 Strawberry Jelly
- 200-08 Hot Pepper Jelly
- 200-09 Other Jelly (please label)

## Jam Class

- 200-10 Blackberry Jam
- 200-11 Strawberry Jam
- 200-12 Peach Jam
- 200-13 Other Jam (please label)

## Preserves Class

- 200-14 Blackberry Preserves
- 200-15 Cherry Preserves
- 200-16 Peach Preserves
- 200-17 Pear Preserves
- 200-18 Strawberry Preserves
- 200-19 Other Preserves (please label)

## Other Class

- 200-20 Butters/Spreads/Honeys (label)
- 200-21 Pie Filings
- 200-22 Sauces (please label jars)
- 200-23 Vegetable soup mix (No meat)

## Canned Fruit and Vegetable

- 200-24 Other Fruits (please label)
- 200-25 Apples
- 200-26 Applesauce
- 200-27 Blackberries
- 200-28 Cherries
- 200-29 Peaches
- 200-30 Pears
- 200-31 Other Vegetable (please label)
- 200-32 Beets
- 200-33 Black-eyed Peas
- 200-34 Purple Hull Peas
- 200-35 Carrots
- 200-36 Green Beans
- 200-37 Lima Beans
- 200-38 Peas
- 200-39 Tomatoes, Red (HWB or PC)
- 200-40 Tomatoes, Green (HWB or PC)
- 200-41 Tomato Juice (HWB or PC)
- 200-42 Other Juice (please label)

## Pickle and Relish Classes

- 200-43 Bread and Butter Pickles
- 200-44 Dill Pickles
- 200-45 Sweet Cucumber Pickles
- 200-46 Pickled Beets
- 200-47 Squash Pickles
- 200-48 Pickled Peppers
- 200-49 Pickled Okra
- 200-50 Pickled Green Beans
- 200-51 Other Pickles (please label)
- 200-52 Tomato Relish
- 200-53 Squash Relish
- 200-54 Tomato/Vegetable Salsa
- 200-55 Other Relish (please label)