

NEWSLETTER

June & July 2025

LaRue County

P.O. Box 210, 807 Old Elizabethtown Rd.

Hodgenville, KY 42748-0210

(270) 358-3401 - larue.ca.uky.edu



How to Store Avocados

You may have heard that storing avocados in water lengthens their shelf life. Several videos on social media claim that avocados will last up to a month if you submerge them in water then store them in the refrigerator. They say that “whole or cut in half – either way, the avocado will stay fresh longer.” However, this is not a safe practice. While it might seem like a good idea to keep the avocado away from air, submerging it in water is not the way to go. It is a recipe for bacterial growth.

The Food and Drug Administration (FDA) advises that storing avocados in water is a dangerous practice. This is because the rough, bumpy skin of avocados contains bacteria. FDA microbiological surveillance sampling for whole fresh avocados found the presence of *Listeria monocytogenes* and *Salmonella* on sampled avocados. There is concern that any bacteria on the surface of the avocado will multiply during storage when submerged in water and penetrate the skin causing bacterial contamination of the flesh below. Never store avocados in water. Always wash avocados under running water and use a brush to scrub the outside skin before slicing.

Avocados are best stored on the counter if they are not ripe. Check them daily for skin color change and softening. As the avocado ripens, it will turn from bright green to dark green. A fully ripe avocado will be purplish blue, and the skin will feel a bit mushy when given a slight squeeze. Store ripe avocados in the refrigerator. Cold temperatures slow ripening, but don't completely stop it.

A sliced avocado will brown quickly. A natural enzyme present in the flesh causes brown spotting when exposed to air. To prevent browning, add some acid. A splash of lemon or lime juice will decrease browning. Wrapping the cut avocado tightly in plastic wrap (to keep air away) will lessen browning too. Either way, you should store it in the refrigerator once cut, just like all cut fruit, to limit bacterial growth. Avocados don't freeze well, but you can do it. Remove the flesh and cut or mash. Use a little lemon or lime juice to prevent browning and remove as much air as possible when packaging. The quality of frozen avocados will be much less than fresh, so use them in smoothies or hummus, where you won't notice a difference in texture.

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

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Disabilities
accommodated
with prior notification.

JOIN *us this* MONTH

- **June 16 and July 19** – Food Preservation Class “*Water Bath Canning*” (please call to register)
- **June 23 and July 28** at 10am – Open Sewing at the Extension Office
- **June 23 – Grilling “Pink” – 3pm** Join us at the LaRue County Public Library for nutrition and grilling tips for Shrimp and Salmon!
- **June 25** – Farmers Market Cooking Showcase at noon, (see flyer for additional dates)
- **June 27** at 11:00am – LC Extension Homemakers Annual Meeting & International Luncheon
- **July 1** – Stirring Up Smiles Cooking Class (see flyer for details)
- **July 9** – Quilt Club at 10am
- **July 22 and August 2** – Food Preservation Class “*Pressure Canning*” (please call to register)

Save the dates!

LaRue County Fair
July 31 - August 2

Floral Hall
Exhibit Entry
July 31
10 am - 1 pm



THE EXTENSION
OFFICE WILL BE
CLOSED

JUNE 19TH &
JULY 4TH

Cooperative
Extension Service

Agent Memo

As the hustle and bustle of summer gets underway, let us not forget to take time to spend with friends and family and experience the joys summer can bring! The warm sun, fresh food, get togethers and traveling. These are just a few things that I enjoy most about summer but we must keep in mind how to enjoy these things safely. Here are a few tips.

- be mindful of the time spent outdoors and be sure to protect your skin with sunscreen and stay hydrated by drinking lots of water
- be sure to put food away in a timely manner at cookouts and gatherings and not let sit out, especially outdoors. Pack food in coolers with ice and keep out of direct sunlight
- be wise about how you spend your money on trips you may take this summer and find ways to cut spending so you can enjoy your trip without going over budget

I found myself recently following these tips on a short, unplanned weekend getaway with my own family to the Smoky Mountains. While I wouldn't recommend the unplanned part of our trip, the spontaneity sure was fun and allowed us to make memories as a family! Enjoy your summer, enjoy each other, stay hydrated, eat well and spend wisely

Happy Summer!

Marla



Martin-Gatton
College of Agriculture,
Food and Environment

**FAMILY AND
CONSUMER
SCIENCES**

COOPERATIVE
EXTENSION
SERVICE



Marla Stillwell
Marla Stillwell

Extension Agent for Family & Consumer Sciences Education
E-mail: marla.stillwell@uky.edu • Phone: (270) 358-3401
Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>

Cooperative
Extension Service

Building strong families. Building Kentucky. It starts with us. [#UKfcsext](https://twitter.com/UKfcsext)

homemaker

NEWS & NOTES

LaRue County Homemakers Annual Meeting & International Luncheon – June 27 at 10:00am at the Extension Office – Join us and your fellow Homemakers as we recognize achievements from the past year, elect new officers and Discover Treasures from around the World! Our international luncheon will enable you to learn more about different cultures and cuisine! Be sure to sign up for a country to share their culture with the rest of us! Lunch provided; *please contact Doris Jean Holleran for more info and RSVP by June 25*

Annual Chairmen Reports and Volunteer Hours Due – **July 1**. Contact Extension Office for a report form.

LaRue County Homemaker Council Meeting – **July 8** at 10:30am – *All Officers and Educational Chairmen are encouraged to attend.*

 *Join LaRue County Extension Homemakers on Facebook!*

Save the Dates

- ↪ LTA Homemaker Kick-Off Event “Empowered Leadership” PLUS Working with Introverts, Extroverts, and Ambiverts – **August 28** at 10:30am at the Hardin County Extension Office – open to ALL Homemaker members!
- ↪ County Cultural Arts Contest – **September 26** – Contest entries due to Extension Office by 4:30pm
- ↪ Lincoln Days Quilt Show – **October 3 & 4**
- ↪ Lincoln Trail Area Annual Homemakers Meeting – **October 9** at St. Gregory Church in Cox’s Creek hosted by Nelson County Homemakers

The LaRue County Extension Homemakers would like to congratulate this year’s Homemaker’s Scholarship recipient, Mireya Villanos! Congratulations Mireya and all of our local graduating seniors!



Several LaRue County Homemakers recently enjoyed the 2025 Kentucky Extension Homemakers Association state meeting in Lexington, KY; Wendy Blan, Doris Jean Holleran, Angie Smith, Julie Devore and FCS Agent, Marla Stillwell.

Congratulations

2025 Mother of the Year

The Mother of the Year award is sponsored by the LaRue County Extension Homemakers and is announced during the LaRue County Fair on Friday, August 1. Nomination forms are available at the Extension Office (807 Old Elizabethtown Rd., Hodgenville, 270-358-3401) and online at, <https://larue.ca.uky.edu/sites/larue.ca.uky.edu/files/Mother%20of%20the%20Year%202025.pdf> .

Nominations are due to the Extension Office by **Friday, July 10**.



FOOD PRESERVATION

Series

Cooperative Extension Service

Water Bath Canning

Monday 5:30 pm • Saturday 10 am
June 16 or July 19

Pressure Canning

Tuesday 5:30 pm • Saturday 10 am
July 22 or August 2

Freezing & Dehydrating

Monday 5:30 pm
August 18

FREE & HANDS-ON

Workshops

Register → (270)358-3401

LaRue County Extension Service
807 Old Elizabethtown Rd., Hodgenville

Cooperative Extension Service

Cooking

through the calendar

2025



2ND FRIDAY OF EACH MONTH

LIVE at Noon

LARUE COUNTY EXTENSION SERVICE

807 Old Elizabethtown Rd., Hodgenville
270-358-3401

LaRue County
EXTENSION
This **SUMMER**



check us out

... Stirring Up Smiles

INCLUSIVE COOKING CLASSES FOR
MIDDLE AND HIGH SCHOOL STUDENT AND ADULT CAREGIVER
JULY 1, 8, 22, 29 1:00 P.M. - 3:00 P.M.
AT THE LARUE COUNTY EXTENSION OFFICE
807 OLD ELIZABETHTOWN ROAD



What will you learn?

- Basic Cooking Skills
- Nutrition Basics
- Mindful Movement
- Improve confidence in the kitchen

Food & GIVEAWAYS

FOR MORE INFORMATION & TO SIGN UP

Contact Susan Riggs at (270)358-3401 or susan.riggs@uky.edu

Cooperative Extension Service

FREE!

LaRue County Farmers Market

Cooking Showcase

Wednesdays, June 25–August 6 at noon
LaRue County Extension Service 807 Old Elizabethtown Rd. Hodgenville

Join us as we taste farm fresh food, while learning the health benefits and be inspired about what you can purchase the following day at the market.

Free Giveaways



(270)358-3401
susan.riggs@uky.edu

LOCAL
SOIL
LOCAL
HANDS
LOCAL
FLAVOR




UK Cooperative Extension Service
LaRue County
FARMERS MARKET
2025 Market Schedule

JUNE 12 - JULY 31 | *NEW!* JULY 3
Thursdays 9am - 1pm | 4:30 - 7 pm

LaRue County High School Parking Lot
925 S. Lincoln Blvd., Hodgenville

EXTENDED *August* **MARKET**

8/7 • 8/14 • 8/21

LaRue County Extension Service
807 Old Elizabethtown Rd., Hodgenville



(270) 358-3401 - marla.stillwell@uky.edu or adam.thomas@uky.edu



FARMERS MARKET SQUASH SAUTE'

Ingredients:

- 2 cups whole grain rotini pasta
- 3 boneless chicken breasts
- 1 tablespoon olive oil
- 2 medium zucchini, diced
- 4 medium carrots, peeled and diced
- 2 medium yellow squash, diced
- 2 garlic cloves, minced
- 2 tablespoons fresh chopped basil
- ¾ cup light Alfredo sauce
- 2 tablespoons shredded Parmesan cheese

Directions:

- Cook pasta according to package directions.
- Roast chicken breasts at 400 degrees F to an internal temperature of 165 degrees F, about 25-35 minutes; Let cool.
- Dice chicken into bite sized pieces.
- In a large saute pan, add olive oil, zucchini and carrots.
- Saute until slightly cooked.
- Add yellow squash and garlic and saute until all vegetables are tender.
- Remove from heat and stir in basil, diced chicken and pasta.
- Add Alfredo sauce and toss until ingredients are evenly coated.
- Reheat by tossing the ingredients in the saute pan for 3-5 minutes over medium heat.
- Sprinkle with Parmesan cheese and serve.



Servings: 8 Serving Size: 1 cup

BASIC BUDGET BITES

Shopping tips when cooking for 1 or 2

Buying food in bulk or large packages might be cheaper, but if you throw out half of the food, it can be more costly than buying a smaller amount. Plus, buying smaller portions will allow you to enjoy more types of food. If you choose to buy in bulk, try to buy when the food is on sale for the most savings. Be sure to plan how to safely store foods to keep them fresh and cut food waste. Buy single packaged servings of items when it makes sense. Try wrapped cheese slices, single containers of low-sodium soup, or small bowls of fruit in 100% juice. Read the label on canned foods to choose ones lower in sodium, saturated fat, and added sugar. Compare prices to see if food items fit in your budget. Reach out to your local Extension office for more tips to make healthy meals for one or two people.



PARENT CORNER

Tips for kids' sleep health

Parents often think their children are getting plenty of sleep, but they might need more than you realize. Sleep is key for kids' health, just like eating well and staying active. Not getting enough sleep can lead to problems like gaining too much weight and getting Type 2 diabetes.

Experts are looking into why this happens. They think that not enough sleep messes with hormones that control hunger, making kids want to eat more. When they're tired, kids might also spend more time sitting down, instead of playing and moving around.

Lots of activities and homework can make it hard for kids to get enough sleep. They might skip sleep to do other things, but that is not good for them. Sleepy kids have trouble staying alert in school and might not feel like playing outside.

Here's how you can help your child sleep better:

- Try not to have too many after-school events.
- Set a routine bedtime and stick to it.

- Limit TV, computer, video games, and texting before bed.
- Keep phones out of their bedroom at night.
- Reading or talking about their day before bed can help them relax.

Follow this guide for the amount of sleep needed:

- **Babies (0-2 months):** 14 to 17 hours a day (along with naps)
- **Infants (4-12 months):** 12 to 16 hours a day (along with naps)
- **Toddlers (1-2 years):** 11-14 hours a day (along with naps)
- **Preschoolers (3-5 years):** 10-13 hours a day (along with naps)
- **School-age children:** (6-12 years) 9 to 12 hours a day
- **Teens (13-18 years):** 8 to 10 hours a day

Making sleep a priority helps kids stay healthy and do better in school. Parents need to show that sleep is important so their kids will think so too.

Source: Adapted from <https://www.eatright.org/health/wellness/healthful-habits/how-sleep-habits-affect-healthy-weight>

SMART TIPS

Family fun through active play

Staying active is part of a healthy life for all ages. Here are some fun ways to get moving together as a family.

- **Animal walks:** Support your child to mimic animal movements like crab walks, bear crawls, or frog jumps. This adds fun while staying active.
- **Obstacle course:** Use household items like chairs, cushions, and boxes to make a course. Time your child as they steer through the course. Make it daring, yet fun.
- **Dance party:** Have an unplanned dance party where you can move freely to your favorite music. It's a great way to boost your mood and get the heart pumping.
- **Nature scavenger hunt:** Take a walk in the park or your backyard with a list of items to find leaves, rocks, or flowers.

FAMILY CAREGIVER HEALTH BULLETIN



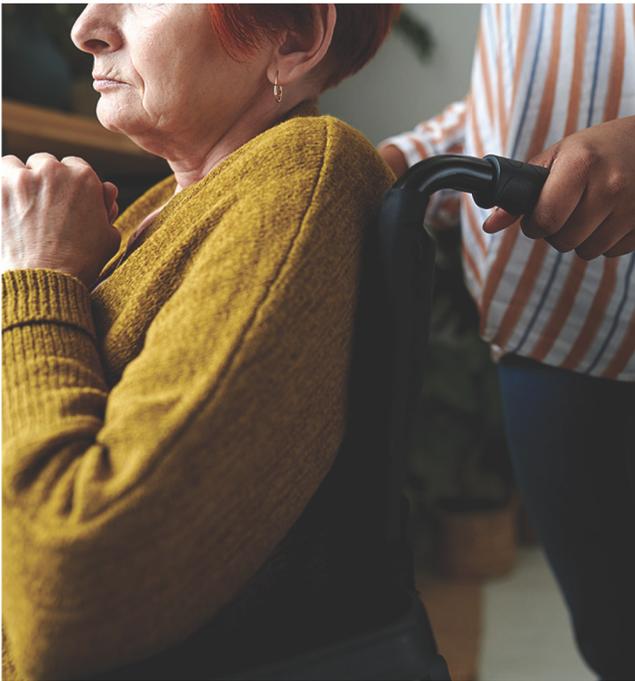
JUNE 2025

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

JUST-IN-CASE CAREGIVING PREPARATION



In the wake of actor Gene Hackman's death at age 95, caregivers can learn the value of having a backup plan to their backup plan. If you are not familiar with the actor or his death, Gene Hackman was an Academy Award-winning actor whose career spanned more than 40 years. He opted to retire from acting in 2004 because of health concerns. He lived a quiet life in New Mexico with his wife, Betsy. Betsy, 30 years younger than him, was a concert pianist. She became Hackman's primary caregiver as he developed advanced Alzheimer's disease. They led a solitary life in New Mexico. It was reported that Betsy worried what would happen to Hackman if something happened to her.

And then it did. Betsy — the only caregiver to Gene Hackman — unexpectedly died in their own home after contracting a rare rodent-borne disease. Hackman, in poor health and likely not knowing

Continued on the next page →



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Disabilities accommodated with prior notification.

→ Continued from the previous page

that his wife had passed, was left alone for more than a week until he too died. The Hackmans had financial resources to hire help and had family to call. Yet Betsy took on caregiving as a lone caregiver with no backup person or contingency plan.

As caregiving groups review this tragedy, people are sharing similar stories and fears of this occurring in their own families and networks. But there is hope that people can learn how important it is to have a plan for unexpected events and emergencies. Plans could include daily check-ins (by phone, text, email, or social media) and chosen timeframes for a welfare check if check-ins are missed.

Today, you can involve technology in your plan. Technology is transforming caregiving with 24/7 remote monitoring. This monitoring lets caregivers track vital signs, medication, and daily activities. Voice-activated emergency response systems, GPS, and other tailored smart home technology can add safety and reduce caregiver burnout.

Be sure to choose a trusted source as a backup primary caregiver. This person should have house keys, alarm codes, and proper documents about routine. Your backup needs to know about schedule, care, food preferences, health-care providers, medications, dietary needs, insurance, legal records, advanced directives, etc. They need to be fully prepared in case they have to take over as primary caregiver.

Caregivers also need support. Betsy, like so many dementia caregivers, had a huge responsibility to carry. Her husband's care demands left little time for taking care of her own health and social ties. Joseph Coughlin, a senior contributor at Forbes, talks about the need for a "longevity preparedness plan" in which you form the ground work for different types of support beyond financial security. Again, the Hackmans had financial resources. They did not have an extra support system, varied social ties, or adaptive housing or technological monitoring to support the emergency they endured. They did not choose a person beyond Betsy to check on Gene Hackman if she became unable to care for him. The more time we put into caregiver preparation, the less likely the Hackmans' scenario will play out. This is especially true when we know that older age is linked to more frailty, disease, and dependence than earlier life stages.

AARP offers the Prepare to Care Guide which serves as a tool for individuals and families to make a caregiving plan and backup plan, no matter where you are in the caregiving process. The guide highlights five steps:

1. Start the caregiving conversation
2. Form a caregiving team
3. Make a caregiving plan
4. Find caregiving support
5. Maintain self-care

For more information about AARP's Prepare to Care plan, go to AARP for an online guide at <https://learn.aarp.org/prepare-to-care-guide>, call 1-877-333-5885, or contact your local Extension Agent.

To ask for a welfare check, dial 911 or a non-emergency police number. Give the full name of the person under concern and the reason for your worry.

Elder services in your area can refer you to resources that can help. The toll-free number to find services in your area is 1-800-677-1116.

Call the Alzheimer's Association 24/7 Helpline to talk to a dementia expert for confidential support, crisis help, local resources, and information at 1-800-272-3900. Dial 711 if you are deaf, hard of hearing, or speech impaired.

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Written by: Amy F. Kostelic, Associate Extension Professor, Adult Development and Aging

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Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: PROTECTING YOUR ONLINE PRIVACY

What if you used your phone at a coffee shop to check your bank account, but the Wi-Fi wasn't secure, and your bank account number and password were stolen? What if you filed your income taxes and the IRS reported they had already sent out your refund check (to someone else)? These are examples of what could happen if you don't secure your personal devices.



Digital devices provide us with information and services that make daily tasks easier. Our homes are filled with devices connected to the internet: mobile phones, tablets, computers, smartwatches, security cameras, baby monitors, thermostats, smart TVs, and smart home voice assistants. Consumers should be wary, however, as these devices have the capability to collect personal information and share it, limited only by their privacy agreements.

YOUR DATA AND HOW IT IS USED

Companies may collect data including your location, contacts, calls, messages, browsing history, fitness data, payments, and more. They might track the apps you use or the files you view or download. Some may track facial recognition or audio conversations. Some of this information might seem harmless, but other information may have personal and financial implications, such as if your bank account username and password are stolen.

PROTECTING YOURSELF

The U.S. Department of Defense has a resource for learning about threats and how to protect yourself against them. It gives tips you can use to increase your protection, including step-by-step instructions for privacy considerations on popular online services, apps, and devices.

The following are a few key dos and don'ts:

DO Be sure your home Wi-Fi is set up securely. The network name that is broadcast should not identify you or your family (for example Smith_Family_Home or 2_Dobermans). Set up strong encryption – get assistance if needed. Make sure your router's firmware is up to date.

DO Check to see if any of your usernames have been compromised. Visit <https://haveibeenpwned.com/> to see if your username and password have been leaked. If so, immediately change your password for all accounts associated with it.

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Lexington, KY 40506



Disabilities
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with prior notification.

CONTROL WHAT PERSONAL INFORMATION YOU SHARE SO YOU DON'T BECOME A VICTIM OF LOOSE ONLINE SECURITY.



DO Use a different and complex password for each of your accounts. A strong password is 10 or more characters containing a combination of upper-case letters, lower-case letters, numbers, and symbols. It is easy to use the same password over and over so you can remember it, but if it is stolen, it can expose all your accounts where you used it.

DO Enable two-factor authentication for logging in when available. This requires a third form of identification from your phone or other device. If your username and password are stolen, the thief won't be able to access your account without this other piece of information.

DON'T Don't use email or text messages to send confidential information. These services are not secure. Also, don't accept messages or open attachments from people you don't know. This is one of the preferred ways for hackers get your information.

DO Secure your social media accounts as much as they will permit.

DON'T Don't use public Wi-Fi networks, such as a restaurant, library or airport, to access anything personal or financial. If you must use them, use Virtual Private Network (VPN) software for online privacy. Some VPNs are free, and others charge a fee.

DO Secure your web browser. Review and adjust your browser's privacy settings to control what data is shared with websites and third parties. Disable features that share your location or browsing history if they are not necessary.

Control what personal information you share so you don't become a victim of loose online security. Using these recommendations to secure your phone, tablet, and computer can be the difference between minor inconvenience and a major financial setback that could take years to correct.

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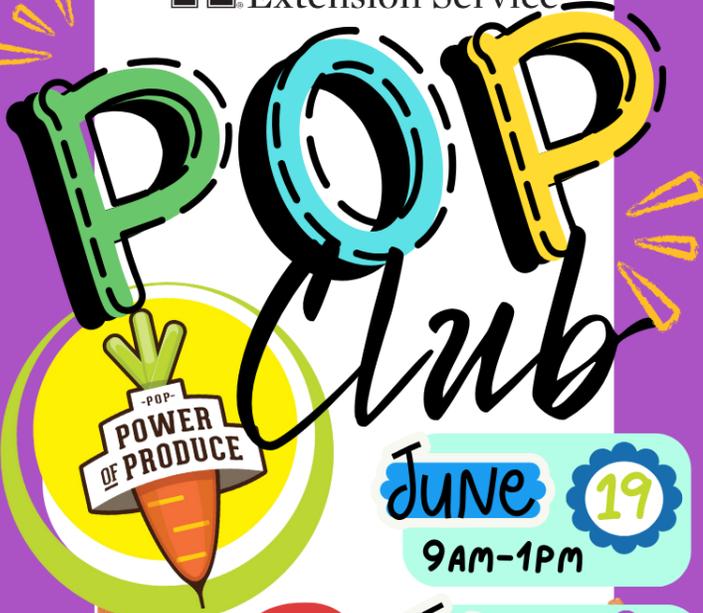
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Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

POP Club




June 19
9AM-1PM

July 3
4:30-7:30 PM

July 10
9AM-1PM

July 24
9AM-1PM

July 31
9AM-1PM

What?

Participate in fun & engaging activities!

Try fresh & local produce & meet the farmers who grew them!

WHERE?



LaRue County High School Back Parking Lot
925 S. Lincoln Blvd., Hodgenville

SEE YOU AT THE MARKET!

THANK YOU!

LaRue County Farm Bureau Board of Directors for being our 2025 POP Club sponsor!



EARN POP BUCKS TO SPEND AT THE FARMERS MARKET!

FOR YOUTH 17 & UNDER

I ❤️ VEGGIES

MORE INFO



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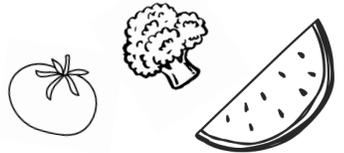
Bring the kids out to **POP Club** (Power of Produce) this summer at the LaRue County Farmers Market!

It is a **FUN & FREE** program that offers youth hands-on activities to learn about local, fresh and healthy eating. They'll earn **POP Bucks** that they can spend each week at the market.

CHECK IT OUT



learn



shop



discover



interact



engage



check it out!



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RETURN SERVICE REQUESTED

