



**SEPTEMBER 2024**

**NEWSLETTER**



**Cast Iron Cajun Cooking with Adair FCS Agent Dylan Gentry.**

**Congratulations to Chelle Scott on her blue ribbon in the State Cultural Arts Contest.**



**Congratulations to Birget Weeks on her blue ribbon in the State Cultural Arts Contest.**



**Green County Homemaker Kickoff**



**Basic Bread Class with Russell County FCS Agent Megan Gullett**



## Summer Recap

First off I want to thank everyone that stepped forward and taught classes, led discussions, and planned meetings. Classes this summer wouldn't have been possible without your help.

The images pictured above are from various programs and awards that were taught and presented over the summer! We had Cast Iron Cajun Cooking with Adair County FCS Agent, Dylan Gentry. Two bread classes with Russell County FCS Agent, Megan Gullett. Homemaker Kickoff is pictured above as well as the state cultural art blue ribbons from Green County. Congratulations Chelle Scott and Birget Weeks!

As most of you know, I have been on maternity leave since May and returned full time at the end of August. I was blessed with a precious baby boy weighing 12lbs 2oz at birth. Yes, he was a big boy!! I have enjoyed and cherished my time away but I am excited to start back again. I would also like to thank everyone for all the kind words and gifts that you gave us, we cannot thank you all enough! I just ask that you provide me some patience as I am navigating this new life and work balance.

*it's a boy!*

Thank you!

### What else has Katelyn done in August?

- LEAP with Head Start and Little Lambs
- In person and Zoom Trainings
- FCS Staff Meetings
- Planned, Planned, Planned
- Began Grad School!



***LEAP with Head Start and Little Lambs in which students made "Ants on a Log" using celery, peanut butter, and m&m's!***



# Save the Date



**UK** Cooperative Extension Service

## Passport Trip:

Join us on a trip to visit the Heartland of Kentucky Quilt Show at Hardin County Extension Office!



September 20th leaving at 9am CST

Admission \$6- pay when you arrive

Vehicle space is limited so it is FCFS, RSVP at the extension office.

Any questions call 270-932-5311 or visit Katelyn at the extension office!

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Lexington, KY 40506



**UK** Martin-Gatton College of Agriculture, Food and Environment

## COOKING FROM THE CALENDAR

### Peanut Butter Oatmeal Bites and Ramen Skillet Dinner



September 19th 2024 at 12pm CST

Recipes from August and September will be presented

Call the Extension Office at 270-932-5311 to register

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**Lesson Leader Training:  
Self Care and Self Pampering**

**September 26th @ 12pm CST  
RSVP at 270-932-5311**

# Self-care to me is:

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# Food Preservation Workshop



**TOMATO JUICE**



**GREEN BEANS**

**TWO-DAY FOOD PRESERVATION WORKSHOP ON WATER BATH AND PRESSURE CANNING IN A HANDS-ON ENVIRONMENT. WE WILL BE WATER BATH CANNING TOMATO JUICE AND PRESSURE CANNING GREEN BEANS. REGISTRATION FEE WILL BE \$15 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTER BY SEPTEMBER 17TH**

**SEPTEMBER 24TH AND 25TH  
10AM-1PM CST**

**298 HAPPYVILLE RD GREENSBURG  
KY 42743**

**REGISTER AT GREEN COUNTY  
EXTENSION OFFICE 270-932-5311**



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# SEPTEMBER 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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KATELYN IS ON VACATION 3rd-6th  
Help Hope & Hands  
9a

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Homemaker Council  
Meeting at 3pm

Summersville 5:30

Help Hope & Hands  
9a

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Town & Country 5pm  
at Brenda Cooks

Help Hope & Hands  
9a  
Cooking from the  
Calendar 12p

PASSPORT TRIP!!  
Heartland of KY Quilt  
Show in Hardin Co  
\$6 admission



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FOOD PRESERVATION WORKSHOP  
10AM-1PM ON THE 24TH AND 25TH  
SEE FLYER FOR MORE INFO

Circle of Friends 4:30

Help Hope & Hands  
9a  
Lesson Leader  
Training 12p

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30



**UK CES Green County  
298 Happyville Road  
Greensburg KY 42743-9498**

**RETURN SERVICE REQUESTED**



## Lean Green Lettuce Tacos

<b>8</b> large lettuce leaves	<b>¾ pound</b> extra lean ground beef	<b>1 tablespoon</b> finely chopped cilantro
<b>1½ cup</b> cooked brown rice	<b>1</b> small zucchini, chopped	<b>1 teaspoon</b> lime juice
<b>¾ cup</b> fresh corn kernels	<b>1 ounce</b> packet low-sodium taco seasoning	<b>1</b> tomato, chopped
<b>1 cup</b> canned black beans, drained and rinsed	<b>4 ounces</b> low sodium tomato sauce	<b>1</b> small red onion, chopped
<b>1 tablespoon</b> olive oil		

**Wash** and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.  
**Yield:** 8 servings  
**Nutritional Analysis:** 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.

# ADULT HEALTH BULLETIN



SEPTEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC

# STEP INTO NATURE: GROUNDING



**W**hen you think of going barefoot in the grass, the first thing that comes to mind might be that of a small child. But taking off your shoes and feeling the Earth beneath your feet can be worthwhile for adults, too. Maybe you have heard of the practice of grounding. Grounding is going barefoot outside on the grass or dirt. You might have heard that it is beneficial for your health, or maybe you have wondered if it is true.

People have practiced grounding (sometimes also called earthing) for thousands of years for its positive effects. But the practice became popular again during the coronavirus pandemic as a way to relieve stress. Stress relief is one proven benefit of

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# Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air.



## ➔ Continued from the previous page

grounding. There are other scientifically measured benefits as well. Recent studies have shown that in addition to reducing stress levels, grounding also helps improve overall mood, improve sleep and energy levels, improve circulation, reduce symptoms of anxiety and depression, improve immune system function, lessen the severity of chronic illnesses, and reduce pain in the body.

How does grounding work? When you stand directly on the Earth's surface, your body is able to absorb electrical energy from the Earth. Electrons emitted from the Earth act as antioxidants in human bodies that neutralize free radicals. Free radicals are known to tax our body's systemic function, leading to a variety of undesired results. They are also known to cause inflammation and may contribute to chronic disease risk and cancer. While part of combatting the effects of free radicals includes limiting contact with harmful plastics and other highly manufactured foods, products, and environments, counteracting those effects are just as, if not more important. Spending time outside, breathing fresh air, and eating a wide variety of plants are other important parts of our overall well-being.

Take care of your body and mind by trying grounding. Stand barefoot on a natural ground surface like grass, soil, or rock, in open air. Your yard is a perfect place to practice grounding. Or you could go to a local park or other natural setting.

As you relax your body, direct your attention to your feet. Feel the ground on the soles of your feet and on your toes and enjoy the feeling of your skin making contact directly with the Earth. You may choose to stand still or walk around if the ground is free of debris. Be mindful of sharp sticks, rocks, or trash that could hurt your feet.

As you're grounding your body, focus your attention on healing your mind as well by letting go of stress. Imagine the negative energy of your stress flowing out of your body from the top of your head, and the positive energy of well-being flowing into your body through your feet.

There is no limit to the amount of time you can spend grounding, so enjoy any mild days and sink your feet into the ground as often as you are able. Ideally, fit time for grounding into your daily or weekly routine to get the most from your experience on an ongoing basis.

#### REFERENCE:

<https://wellbeing.gmu.edu/thriving-together-series-the-well-being-benefits-of-grounding>

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ADULT  
**HEALTH BULLETIN**

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