

# Hancock County

## Building Strong Families for Kentucky

### Cooperative Extension Service

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# July 2017



## Roll Call:

Describe your most remembered 4<sup>th</sup> of July.

## Thought/Quote of the Month:

And I'm proud to be an American, where at least I know I am free. And I won't forget the men who died who gave that right to me -- *Lee Greenwood*

## 4<sup>th</sup> of July Booth:



Thanks to the Homemakers that worked the sno-cone booth at the 4<sup>th</sup> of July celebration at Vastwood Park held on Saturday, July 1st.

## Thank You!

Thank you to Shirley Powers, Patsy Young and Kay Hall for judging projects at the Breckinridge County Fair.

## County Fair:



Looking ahead to August, the county fair is August 9-12<sup>th</sup>. The Homemakers will have a pancake breakfast on Saturday, August 12<sup>th</sup>. Serving will begin at 8:00 a.m. until 11:00 a.m.

Mailbox members can sign-up to work anytime. Any help would be greatly appreciated!

## Upcoming Dates to Remember:

- ✓ County Fair – August 9<sup>th</sup>-12<sup>th</sup>
- ✓ State Fair – August 17<sup>th</sup>-27<sup>th</sup>
- ✓ Sorghum Festival – October 28<sup>th</sup> & 29<sup>th</sup>

## Extension Office Closed:

The Extension will be closed on Tuesday, July 4<sup>th</sup>.



## Sorghum Festival Quilt Show:



The Hancock County Sorghum Festival is October 28<sup>th</sup> and 29<sup>th</sup> at the Fairgrounds. Quilt Show volunteers are needed Friday afternoon at 4:00 p.m. to set up and also to help on Saturday and Sunday. Mark this on your calendar so you can check out this great local festival!

## July: Did You Know?

- ✓ Did you know that July's birthstone is ruby, which is said to symbolize contentment?
- ✓ Did you know that no month ends on the same day of the week as July unless it is a leap year, when January does so?
- ✓ Did you know that July is National Ice Cream Month, National Blueberry Month, National Hot Dog Month, National Picnic Month, and National Pickle Month.

## Snack Smart this Summer:

Many preteens and teens are left home alone while parents work during the summer. With no direct supervision, it is easy for kids to grab chips and candy. Help make the healthy choice the easy choice this summer by offering children healthy snacks within arm's reach. Having veggies and fruits already prepped and in sight is one of the best ways to encourage healthier snacking.

Go beyond the basics to offer kids a variety of healthy foods so they don't get

bored and maybe even spur some creativity. Stock the kitchen with staples. For example, have whole grain tortillas, cheese, tomato sauce and eggs to make either an egg breakfast wrap or a tortilla pizza. Have whole grain bread and crackers as well as lean cuts of deli meats and/or cheese. Other ideas include low-fat yogurts, frozen fruit for smoothies, canned tuna, whole grain pasta salad with lots of added veggies, guacamole, beans, salsa, hummus, whole grain cereals, peanut butter, 100% fruit juice popsicles and granola. Prepping fruits and veggies, especially ones that are hard to cut like melon, is one of the healthiest options. If you find any produce going bad, make a smoothie or even freeze the smoothie in molds for a cool treat.

It never hurts to go over simple food safety with children. Review how to properly store foods so foods are put back in place safely and which foods should not be eaten if left on the counter for too long. Remind kids to turn the oven and stove off after using and of course always wash hands. **Source:** Jean Najor, Extension Associate, University of Kentucky; College of Agriculture, Food and Environment



## Recipes:

### Blueberry Cream Cheese Pound Cake

Ingredients:

- 1 (8 ounce) package fat free cream cheese
- ½ cup canola oil
- 1 (18 ounce) package yellow butter cake mix
- 1 (5 ounce) package instant vanilla pudding mix
- 2 large egg whites
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 cups fresh blueberries



Directions:

1. **Preheat** oven to 325° F.
2. **Lightly spray** Bundt pan with nonstick cooking spray and dust with flour.
3. **Combine** cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
4. **Add** cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
5. **Fold** in berries.
6. **Spoon** batter into prepared pan.
7. **Bake** 60 minutes or until wooden toothpick inserted in center comes out clean.
8. **Cool** cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices Nutritional Analysis: 260 calories, 10g fat, 1.5g saturated fat, 0g trans fat, 30 mg cholesterol, 390mg sodium, 38g carbohydrate, 1g fiber, 23g sugar, 4g protein



### Cucumber, Corn, and Bean Salsa

Ingredients:

- 2-3 large cucumbers
- 2 tomatoes
- 1 yellow bell pepper
- 1 small red onion
- ¼ cup chopped fresh cilantro
- ½ cup black beans
- ½ cup fresh whole kernel corn, cooked
- 1 ounce package dry ranch dressing mix
- 1/8 cup cider vinegar
- 2 tablespoons sugar, optional



Directions:

**Wash** all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables. **In a small bowl**, mix together ranch dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

Yield: Makes 20, ½ cup servings Nutritional Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C, 6% Daily Value of vitamin A

Sincerely,

Evan Tate

Extension Agent for Agricultural & Natural Resources Education – Hancock County

*Let freedom ring!*