

Whitley County Family & Consumer Sciences Community Newsletter



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Oven Canning – Don't Do It

Oven canning is an old, unsafe concept that has found recent popularity on social media. It is the process of filling glass mason jars with food and then putting them in a warm oven for an hour or longer. Once the food has baked, you apply lids and allow the jars to seal. You see on social media that this is an easier way to preserve food rather than using a boiling water bath canner or a pressure canner. However, this is false. Oven canning is not safe. It is not recommended for any foods.

The main concern with oven canning is that the food inside the jars does not get hot enough to kill bacteria and mold spores. This opens the door to botulism, a deadly form of food poisoning associated with improperly home-canned foods. Science tells us that air is a poor conductor of heat. Dry oven heat cannot penetrate food inside of jars like the moist heat provided in a boiling water bath canner and pressure canner. For those of you who can, this is why you vent a pressure canner – to get the air out! Moist heat can easily penetrate the inside of jars, reaching the center, and ensuring consistent heat.

Science also tells us that the temperature displayed on your oven is not the same temperature as the food inside your oven. Just because the oven is set to 200 degrees F or 250 degrees F, there is no guarantee that the food inside the oven will reach that same temperature. Think about your Thanksgiving turkey. You set the oven at 350 degrees F and bake for 3 to 4 hours depending on the size of the bird. At the end of the cook time, your meat thermometer reads 165 degrees F to 175 degrees F. This is great for the turkey, but it is not even close to the temperature the oven was set on. Using an oven, it is not possible to get the temperature inside jars of food high enough to ensure food safety once a lid has been put on the jar and the food is stored at room temperature.

Always use a science-based method for home canning – a boiling water bath canner or a pressure canner. Contact the Whitley County Extension office for more information on safe home canning.

Reference: <https://www.healthycanning.com/oven-canning/> Source: Annhall Norris, Extension Specialist for Food Safety and Food Preservation



Upcoming Events and Classes

Classes will be held at the Whitley Co. Extension Service at 4275 N HWY 25W, Williamsburg, KY unless noted otherwise.

All classes are intended for ages 18 and up. Registration Required.

For Event information and To Register for Events:

- use camera app with UPC code to go to website
- or use browser to go to ukywhitley.pacecommunity.net
- or call 606-549-1430



MOVE Exercise Class | August 16, 23, 30 - 10 am

Gentle, low-impact exercises class.

Retirement and Social Security Questions Answered | August 17 - 6 pm

Learn how Social Security fits into your retirement income plan and steps to prepare for health care cost. This seminar will be led by Beth Davis, Financial Advisor with Edward Jones.

Farm Field Day | September 1 - begins at 9 am

Held at the Whitley County Fairgrounds, Williamsburg, KY

Cooking Through The Calendar at Corbin Public Library | September 5 - 11 am

September's recipe is One Pan Shrimp and Veggies!

Old Fashioned Trading Days Canning Contest | September 8 - 9 am

See enclosed flyer for more info

Pressure Canning Meat | September 19 - 9 am-1 pm - \$10

Learn to pressure can low acid foods - which includes all meats, poultry, wild game and fish.

Sewing: Machine Sewing Basics | September 21, 28, October 5, 12 - 5:30-8 pm - \$10

This 4-session class is designed just for beginners to learn the very basics of sewing. Everything, including the sewing machine, is furnished.

Finance Workshop | September 26 - 6 pm

Cooking Through The Calendar at Corbin Public Library | October 3 - 11 am

October's recipe is Italian One Pot Pasta and Beans!

Pretzel Bites Workshop | October 6 - 6-8 pm - \$5

This is a hands-on class and students will go home with the bites they make.



Upcoming Events and Classes

Canvas, Coffee & Cocoa | October 10 - 6-8 pm - \$20

Join our version of "paint and sip" as we create a lovely painting that celebrates the beauty of Fall.

Homemaker Advisory Council Meeting | October 19 - 1 pm

Wilderness Trail Area Homemaker Annual Meeting | October 28 - Begins at 9:30 am - \$20

Annual meeting will be held at Grace on the Hill Community Church, Corbin, KY

Homemaker Holiday Ideas Event | November 3 - 11 am or 6 pm

Cooking Through the Calendar at Corbin Public Library | November 7 - 11 am

November's recipe is Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes!

Holiday Cooking School | November 9 - 5:30 pm

Annual event to be held at the London Community Center, London

Veterans Day Dinner | November 10 - 6 pm

Offices Closed for Holiday | November 23-24

Cooking Through the Calendar at Corbin Public Library | December 5 - 11 am

December's recipe is Loaded Beef Stroganoff!

Offices Closed for Holidays | December 25-January 1



Painting to be taught at Canvas, Coffee, & Cocoa Painting on October 10th.



Linda P Burgard

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2023 Williamsburg Old Fashioned Trading Days Canning

Contest

- NO ENTRY FEE -

Ribbons and small cash prizes will be awarded for Top 3 in each Class, and Division Grand Champions.

Friday, September 8

LOCATION: COURTHOUSE SQUARE
(same location as the Garden Show)

Registration: 9-10:45 am

Judging: 11 am

Pick-Up: 3:30-4 pm

(items not picked up will be donated/discarded)

Divisions:

Fruits, Pickles, Tomatoes, Vegetables, Miscellaneous

Division Classes:

Fruits:	Pickles:	Tomatoes:
<ul style="list-style-type: none">• Jam -Berries• Jam - Fruit• Jam - Miscellaneous• Jellies - Apple• Jellies - Berry• Jellies - Grape & Muscadine• Jellies - Pepper• Jellies - Miscellaneous• Preserves & Marmalade - Fruit• Preserves - Miscellaneous• Juices• Salsas• Toppings• Miscellaneous	<ul style="list-style-type: none">• Bread and Butter• Dill• Beets• Peppers - All• Vegetables• Miscellaneous	<ul style="list-style-type: none">• Crushed• Quartered• Whole• Juice• Sauce• Salsa• Soup• Miscellaneous
	Vegetables:	Miscellaneous
	<ul style="list-style-type: none">• Corn• Green Beans• Sauerkraut• Relishes• Miscellaneous	

General Rules for Entries:

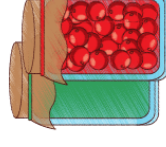
1. Judging will be based on:

- A) Use of standard commercial glass canning jars and lids.
 - B) Condition of lids. Two piece lids in good condition with rings on jars.
 - C) Canned goods labeled with recipe name and date.
 - D) Canned items must be sealed and have proper headspace.
- Any entries who do not meet these requirements will not get a ribbon.**

2. Entries will be accepted in home-canned processed foods classes listed only. Exhibits not in listed classes will be entered in the Miscellaneous class.

3. Please only submit one entry per class per person. Ex. Please do not submit two jars of bread and butter pickles under the same person's name, but one can enter both bread and butter pickles AND dill pickles under the same name.

4. All exhibited items should be picked up on September 8th between 3:30 and 4 pm. **After this date canned items will be donated or discarded.**



If more information is needed, contact the
Whitley County Cooperative Extension Service.

606-549-1430

4275 N HWY 25W, Williamsburg, KY

Thank you to Williamsburg Tourism for cash prize donations!

Keep Cool in the Summer Heat

Amid Kentucky's extreme summer temperatures, high humidity and prolonged heat can make being outdoors uncomfortable and dangerous. During this time, you need to know the signs and symptoms of heat-related illnesses and how to treat them. These include heat exhaustion, heat cramps and the most serious—heatstroke (also known as sun stroke).

Heat-related illnesses occur when a person's body cannot properly cool itself. These sicknesses can occur at any age, but people at greatest risk include infants and children up to four years old, adults 65 and over and those who are overweight. Additional factors that may lead to heatstroke include exertion in hot weather, sudden exposure to hot weather and lack of air conditioning. Certain illnesses and medications, such as antihistamines and antipsychotics, can also increase risk of heat-related illnesses. Wearing too many layers or clothes that prevent sweat from evaporating, drinking alcohol and becoming dehydrated may trigger heatstroke.

Older adults are at risk for many reasons. Sweat glands, which help cool the body, often diminish in number with age, and those remaining may not function as well as they once did. Existing health problems, especially involving the heart, lung and kidneys and some medications can also increase older adults' risk of heat-related illness.

You can take steps to protect yourself and your loved ones from overheating. Here are some tips from the Centers for Disease Control and Prevention:

- Keep up-to-date on the weather forecast and stay in your home or another air-conditioned facility, such as a mall, public library or heat-relief shelter if the temperatures and humidity are forecasted to be extreme.
- Avoid strenuous outdoor activities, such as exercise or gardening, during the hottest hours of the day.
- Stay hydrated by drinking plenty of water, fruit or vegetable juices. Drink even when you are not thirsty. Avoid caffeine and alcohol.
- Wear loose, lightweight and light-colored clothing.
- Avoid using your oven and cover windows that receive direct sunlight to keep your house cooler.
- Take cool showers or baths to help yourself cool down.

Know the signs of heatstroke—high body temperature, dizziness, fatigue, lack of coordination, cold and clammy skin, racing heart rate, headache, nausea/vomiting, changes in cognition and/or behavior, rapid breathing, muscle spasms and/or cramps and ankle swelling. Heatstroke is a potentially life-threatening condition that requires immediate medical attention.

If you are a neighbor, friend or family member of an older adult, regularly check on them during warm days and extended/excessive hot periods to ensure they stay cool and hydrated and have access to air conditioning and proper clothing. Seek immediate medical attention if someone has signs of a heat-related illness. More summer safety tips are available at the Whitley County Extension office.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

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THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm

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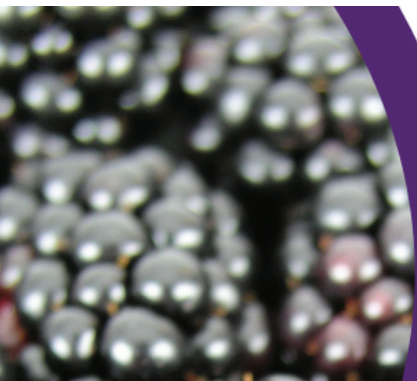


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Berry and Basil Pizza Crisp with Honey Balsamic



**Balsamic
Honey Glaze:**

1/2 cup balsamic
vinegar

3 tablespoons honey

Flatbread:

6 flatbreads

12 pieces of cheese, such
as Havarti (2 per flatbread)

1 cup blackberries, halved

1 1/2 cups strawberries,
chopped

15 basil leaves,
chopped and
divided

Preheat oven to 400°F. **Place** flatbreads on a baking sheet and **add** two slices Havarti cheese, blackberries, and strawberries. **Bake** for 5-7 minutes, or until cheese is melted. After flatbreads are removed from oven, **add** chopped basil and honey balsamic glaze. **Serve** warm.

To make the glaze:

Add balsamic vinegar and honey

to a small sauce pan and **simmer** until reduced by half (10-15 minutes). **Remove** from heat and **set aside**.

Serves: 6 Flatbreads

Nutritional Analysis:

340 calories, 16 g fat, 9 g saturated fat, 40 mg cholesterol, 520 mg sodium, 34 g carbohydrate, 11 g fiber, 16 g sugar, 20 g protein