

JULY

2025 NEWSLETTER

Jessamine County
95 Park Drive
Nicholasville, KY 40356
(859) 885-4811
jessamine.ca@uky.edu

Calendar of Events

July 4	All Day	Office Closed: 4 th of July
July 6-13	All Week!	Jessamine County FAIR!
July 6	2pm - 4pm	Fair Entry Check-in
July 7	9am - 11:30am	Fair Entry Check-in
July 12	10am - 12pm	Pick up Checks
July 15	12pm	Lunch N Learn
July 28	10am - 11am	Laugh N Learn
August 6	6pm Registration 6:30pm Meeting Begins	Homemaker Annual Meeting
August 12	12pm	Lunch N Learn
August 12	5:30pm-7:30pm	Homemade Greeting Card Class
August 14-24		Kentucky State Fair!
August 25	10am-11am	Laugh N Learn
August 28th	10am	Multicounty Leader Lesson

Jessamine County Extension Homemaker Clubs Hearts N' Hands

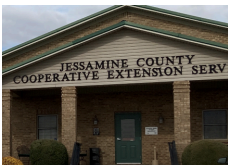
First Tuesday of the month, 11 a.m.
at the Extension Office
Happy
Second Tuesday of the month, 6 p.m.
in a member's home
Garden Club
Third Monday of the month, 1 p.m.
at the Extension Office
4-HMothers
Third Wednesday of the month,
9:30 a.m. in a member's home
Edgewood Evening
Fourth Monday of the month, 6:00
p.m. at the Extension Office
Piece Quilters
Every Tuesday, 9:30 a.m., Ag Center
RoomA

Follow us Online!

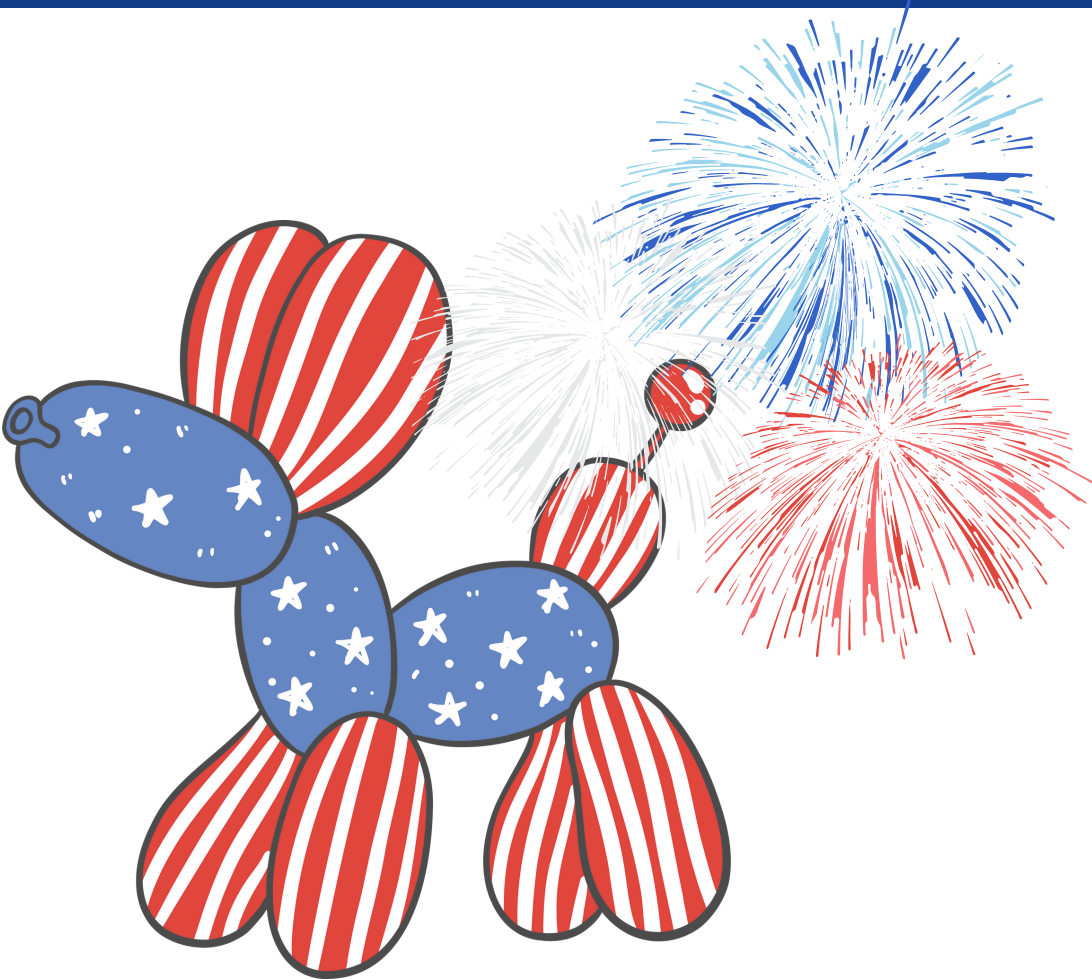
****We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.**



Jessamine County Family and Consumer Sciences on ... Face book: <https://www.facebook.com/JessamineCountyFCS/>



Check out our county website for information for all program areas!
<https://jessamine.ca.uky.edu/>



Dear Homemakers,

Happy July!! What a hot summer we have had! Continue to hydrate!

I am happy to say that we have picked a date for our 2025 Homemaker Annual Meeting! Our Annual Meeting will be on August 6th. Registration begins at 6pm and the meeting/dinner will begin at 6:30pm. Please mark your calendar and we are excited to see YOU there!

If you know of anyone interested in becoming a Homemaker, please advise them to contact us via email at sara.haag@uky.edu or (859)885-4811 and let us know their Name, Address, Email, Phone #, and what type of club they are interested in joining.

Sincerely, Sara Haag

Sara Haag



Jessamine County Extension Agent for Family and Consumer Sciences

Jessamine County Fair

July 6th - 13th

Jessamine County Fair is right around the corner!

<https://jessamine.ca.uky.edu/jessamine-county-fair>

Check in for entry items will be Sunday, July 6th from 2pm-4pm and Monday Morning July 7th from 9am-1130am. Check in will close right at 1130am. Judging will begin promptly at 12pm.

Volunteers are needed to sit at the exhibit tables on July 7th July 9th and July 10th from 6pm-8pm.

Please call (859) 885-4811 if you are able to help!



Save the date

 Cooperative
Extension Service

FORT HARROD AREA
2025 HERITAGE CRAFT CAMP
OCTOBER 25TH

Boyle County Extension Office
99 Corporate Dr, Danville, KY 40422

More details on the back!



Cooperative
Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension Service are provided regardless of race or ethnicity.
All are welcome to participate in our programs. We are committed to providing equal opportunities for all.
We are proud to be a part of the University of Kentucky's commitment to excellence in education, research, and service.
We are proud to be a part of the University of Kentucky's commitment to excellence in education, research, and service.





Don't forget about our awesome online FREE resources from our website, "Plan Eat Move"! Find some nutritious and yummy recipes at planeatmove.com



Summertime Sensation Casserole

4 strips turkey bacon

½ cup minced onion

3 tablespoons diced green pepper

4 ears fresh sweet corn

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon dried sweet basil

2 cups tomatoes, chopped

½ cup reduced fat shredded cheddar cheese

1. In a large skillet, **cook** turkey bacon until crisp.

2. **Drain** turkey bacon on paper towel, **chop** and put aside. Do not drain pan. **Cook** onion and green pepper in bacon drippings over medium heat until tender.

3. **Cut** corn from cob and add to onion and green pepper mixture in skillet.

Add salt, black pepper, basil and tomatoes.

Cook 5-10 minutes. **Add** chopped turkey bacon and cook an additional minute.

4. **Pour** skillet contents into a greased 1-1/2 quart casserole dish.

5. **Top** with shredded cheddar cheese.

6. **Bake** at 350°F for 30 minutes, or until cheese is melted and bubbling.

Yield: 5, ½-cup servings.

Nutrition Analysis: 160 calories, 7 g fat, 2.5 g sat. fat, 25 mg cholesterol, 680 mg sodium, 19 g carbohydrate, 3 g fiber, 7 g sugar, 8 g protein.



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

Jessamine County HOMEMAKER Annual Meeting

August 6th 2025

Registration begins at 6pm

Dinner/Meeting begins at 6:30pm

Jessamine County Extension Office
333 Fairground Way, Nicholasville KY 40356

Lunch N Learn

Join us at the Jessamine County Ag Center for
Lunch N Learn!
We will be making the July recipe from the Nutrition
Education Program Yearly Recipe Calendar,
Chicken Burgers

July 15, 2025
12pm - 1pm

Please call the Jessamine County Extension
Office at 859-885-4811 by July 10th to register.



**Cooperative
Extension Service**
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Lunch N Learn

Join us at the Jessamine County Ag Center once a month for
Lunch N Learn as we prepare recipes from the Nutrition
Education Program Yearly Recipe Calendar!

2025 Dates:
It will always be from 12pm - 1pm

January 15	July 15
February 18	August 12
March 11	September 9
April 8	October 14
May 20	November 11
June 24	December 9

**Cooperative
Extension Service**
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Laugh and Learn



Join our 2025 Laugh and Learn Playdate Program
that targets Kindergarten readiness objectives!
Each month offers learning activities that are
relevant to children's development and will
coincide to help celebrate holidays or seasonal
festivities. **FREE** for all children ages 3 to 5 and
all children must be accompanied by an adult the
entire time. Lessons include a healthy snack,
book, craft, music activity, fine motor and large
motor activities, and free play.

The 2025 Dates:

January 27	July 28
February 24	August 25
March 24	September 22
April 28	October 27
May 19	November 10
June 23	December 8

10am- 11am

Each lesson will be at
the Jessamine
County Extension
Office in the Ag
Center. Please call
the extension office
at (859)885-4811
monthly to register
your child/children!

**Cooperative
Extension Service**
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



* HOMEMADE * Greeting Cards

We are back at it with another card making class!
We would love to have you join us
on August 12th from 5:30pm- 7:30pm
at the Jessamine County Extension Office in the Ag
Center for a fun night making our own Homemade
Holiday Greeting Cards!

Please call the
Jessamine Co. Extension
Office
to Register at
(859) 885-4811.
There will be a class limit
of 10 people :)

This event will be \$12. The cost
covers all supplies to create 4
complete cards with envelopes!
You can pay at the beginning of the
class either cash, check, or
Venmo!
We look forward to having you!



95 PARK DR.
NICHOLASVILLE, KY
40356

**Cooperative
Extension Service**
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





**FORT HARROD
MULTICOUNTY
LEADER LESSON**

NAVIGATING TRAUMA AFTER A NATURAL DISASTER

**August
28
@ 10am**

Kentucky has gone through a number of events recently that has affected many individuals and families. Join us as we learn how to navigate through trauma after natural disaster.

 **Register by calling (859) 236-4484**

 **Boyle County Extension Office**
99 Corporate Dr, Danville, KY
40422



**Cooperative
Extension Service**

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

HEALTH BULLETIN



JULY 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>

NAME County Extension Office
000 Street Road
City, KY
Zip
(000) 000-0000

THIS MONTH'S TOPIC

WHAT IS ALPHA-GAL SYNDROME?



Alpha-gal Syndrome (AGS) is a severe allergy that can happen after a tick bite. It causes allergic reactions when people eat red meat or use products derived from animals, such as cows, pigs, or deer.

Ticks carry a sugar molecule called alpha-gal, which is also in red meat. When the tick bites, it can transfer a small amount of alpha-gal into the person. In some people, this causes an immune response. The immune response triggers an allergic reaction each time the person comes into contact with alpha-gal in the future. It can happen when they eat red meat, such as beef, pork, or venison, or come into contact with products made from other parts of those animals, including dairy products, gelatin, or beauty products.

In the United States, Lone Star ticks are the most common transmitters of alpha-

Continued on the next page ➔



The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubbery, use tick spray or wear tick-proof clothing.



Continued from the previous page

gal to humans. While it is possible for anyone to be bitten by a tick and have a reaction, adults react more commonly than children.

The best way to avoid getting AGS is to avoid tick bites! If you are going into areas of dense trees or shrubbery, use tick spray or wear tick-proof clothing. If possible, stay out of tall grass and thick woods, and walk in the center of trails.

After coming in from outdoors, check your skin, clothes, and pets for ticks. Take a shower and look for ticks on your body and always remove any ticks right away.

If you develop symptoms of a food allergy after a tick bite, contact your doctor. Make sure to tell them about your tick bite, to help them see if your illness may be related. It is important to get medical treatment for food allergy symptoms, even if the symptoms happen several hours after eating.

Get emergency medical treatment if you have symptoms of a serious allergic reaction. If you have trouble breathing, called anaphylaxis, or a constricted airway, rapid pulse, are feeling dizzy or light-headed, drooling, not able to swallow, or have full-body redness and warmth.

In order to diagnose you, a doctor may ask about your symptoms, medical history, and daily habits, take a blood sample for alpha-gal

antibody testing, or recommend allergy testing to confirm or rule out other potential allergens.

If you are diagnosed with AGS, see an allergy doctor, known as an allergist, for help. They specialize in treating allergic reactions and can help develop a plan to help you cope with your diagnosis. They can also refer you to other health-care specialists, such as a dietitian, mental health therapist, or home health service if needed.

Other recommendations for people living with AGS include avoiding eating red meat (beef, pork, lamb, deer, rabbit), and avoiding other potential sources of alpha-gal from animal products such as dairy products, gelatin, and certain beauty products. Read labels carefully to avoid trigger products. Talk to a doctor before taking any new medicine or vaccines. It is also important to avoid new tick bites, as they can make the allergy worse.

REFERENCE:

<https://www.cdc.gov/alpha-gal-syndrome/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JULY 2025

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

THIS MONTH'S TOPIC: INVESTING FOR EVERYONE

Benjamin Franklin is credited with saying, “A penny saved is a penny earned.” But is this principle true? In today’s economy, not necessarily. If we put a penny (or dollar) under a mattress, it may be worth less than a penny (or dollar) tomorrow or next year. Because of inflation, goods and services usually cost more in the future than they do today. This is why even people who are good at “saving” can fall behind financially. Investing your money is one way to battle inflation.



GROW YOUR MONEY

Saving is not investing. Investing is a way to make your money grow. Once you have an emergency fund in place for unexpected expenses, you should consider investing any extra money. Invest as much as your “risk tolerance” will allow. The U.S. Securities and Exchange Commission (SEC) defines risk tolerance as “an investor’s ability and willingness to lose some or all of an investment in exchange for greater potential returns.” There is risk involved when investing, but with research and careful choices, your money should grow steadily over time.

COMPOUNDING INTEREST

Anyone who has had a revolving balance on a credit card knows that for an item that originally cost \$100, you could pay back more than \$100 with interest. Credit card companies take advantage of compounding interest by charging extra for every purchase not paid off in full each statement. Then, they charge you interest on top of that interest, sometimes daily! This illustrates the principle of **compounding interest**, which is why getting out of debt can be hard. However, when investing, compound interest is a great thing! It helps your money grow faster. Learn more at ukfcs.net/MoneyWise2-23

Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

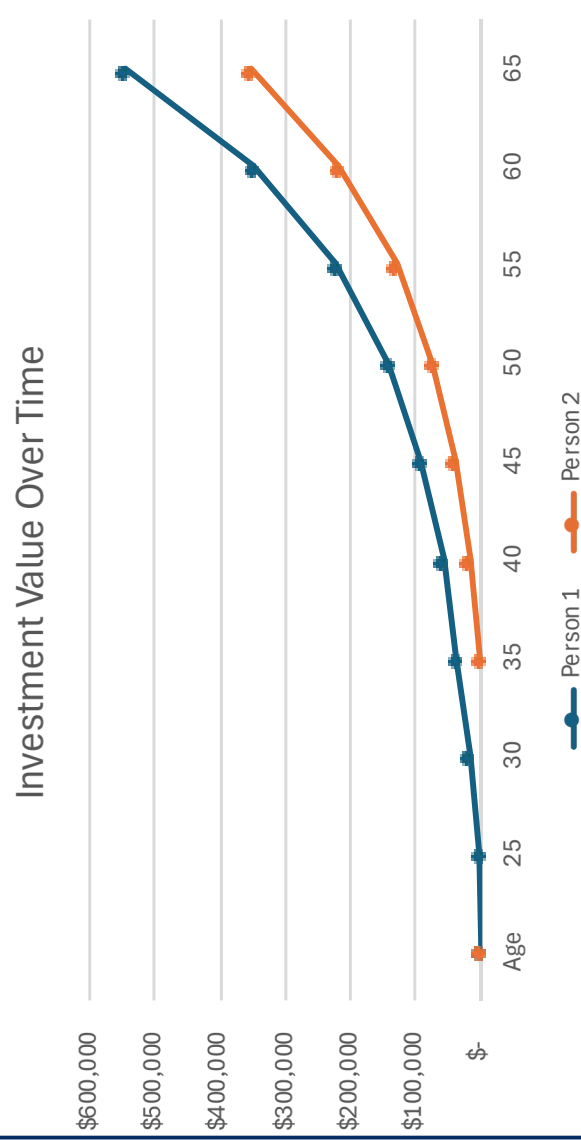
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

MANY PEOPLE THINK THAT TO INVEST YOU NEED THOUSANDS OF DOLLARS, WHICH IS A MYTH



NOTE: Both investors contribute \$2,000 per year once they start investing. The example assumes a 9% fixed rate of return, compounded monthly. Reference: Investor Protection Trust. The Basics of Saving and Investing: Investor Education 2020. <https://www.tn.gov/content/dam/tn/commerce/documents/securities/posts/The-Basics-of-Savings-and-Investing.pdf>

CAN I AFFORD TO INVEST?

Many people think that to invest you need thousands of dollars, which is a myth. You can invest as little as a dollar a month. Almost anyone can open a brokerage account. This account is like a savings account but with a brokerage company allowed to sell “holdings” like stocks, bonds, mutual funds, and Exchange Traded Funds (ETFs). The U.S. Securities and Exchange Commission offers a beginner’s guide to investing at <https://www.investor.gov/introduction-investing>.

much as you can about the products you are buying, but don’t wait to start investing. There are investment professionals who can help you figure out which purchases are less risky. Make sure your investment portfolio is diversified. That means you should invest in a variety of different things so you have more “eggs” in your “basket.” On average, inflation has been 3.51% each year since 1950, so you should aim to earn at least 3.51% or more on your investments (<https://www.officialdata.org/us/inflation/>).

SLOW AND STEADY

Check with your employer to see if they offer a retirement plan such as a 401(k). If they do, start contributing as much as you can each pay period. Your employer can take this amount from your pay and put it into a brokerage account for you. Many companies also “match” contributions up to a certain amount. This means that for every dollar you put in, the company also adds a dollar. This is free money! Try to maximize this amount each year. There also can be tax benefits depending on the type of account you have.

Once you start investing, use the “buy and hold” strategy to sit back and watch your money grow over time. If you earn 9% interest (assuming a strong market), your money will double in 8 years! Then it will double again in the next 8 years, and so on. The sooner you invest, the sooner that can happen. So, whether you can invest \$5 a month or \$5,000, just get started. Your future self will thank you.

REFERENCE:

Office of Financial Readiness. *Investing Basics: Bonds, Stocks, Mutual Funds and ETFs*. <https://finred.usalearning.gov/Saving/StocksBondsMutualFunds>

Shop Local, Visit the Farmer's Market!

April 24th was the opening day for the Farmer's Market, here in Nicholasville!

Go support our local farmers for some delicious produce! Saturdays 9am-1pm at the Jessamine Co Health Department Parking Lot!

Scan the QR code below for more Farmer's Market information, or visit

<https://www.nicholasvillefarmersmarketky.com/>



COOPERATIVE EXTENSION IS A PROUD PARTNER OF **WIN-WIN**
WASTE NOT, WANT NOT

Do you ever end up with more garden produce than you can use? You're not alone—and your extra harvest could help feed families right here in Jessamine County. The **WIN-WIN** program makes it easy to share excess fruits and vegetables by connecting home gardeners and local growers with community partners working to reduce food insecurity. **Here's how to get involved:**

DONATE **GROW FOOD? HAVE EXTRAS? SHARE THE BOUNTY!**

Donate your surplus fruits and veggies at any of our drop-off sites throughout the county. We offer multiple sites and flexible drop-off times to make it easy to participate.

SCAN THE CODE OR [CLICK HERE](#) TO LEARN MORE ABOUT OUR DONATION PROGRAM:

VOLUNTEER **WE OFFER MANY WAYS TO GET INVOLVED!**

Volunteers help collect, sort, and deliver produce to our food access partners throughout the county. Opportunities include:

- Assisting with **produce collection** at drop-off sites
- **Delivering donations** to local nonprofits
- Helping with materials and supplies (crates, boxes, etc.)

Email win.win@uky.edu or visit winwin.ca.uky.edu to learn more

TOGETHER, WE CAN REDUCE WASTE AND FEED OUR COMMUNITY!

SARE Sustainable Agriculture Research & Education

UK Martin-Gatton College of Agriculture, Food and Environment

DEPARTMENT OF **DIETETICS AND HUMAN NUTRITION**

glean KENTUCKY

Support for this program is provided by USDA NIFA sponsorship award # 2023-38640-39572 to Sustainable Agriculture Research and Education (SARE).

The Jessamine County Extension Office is proud to partner with Win-Win which gives farmers a place to donate your extra harvest. Please take a look at this flyer to see how you can get involved either by donating or volunteering!