

Everyday Edmonson Extension Notes

COOPERATIVE EXTENSION



University of
Kentucky

College of Agriculture,
Food and Environment

Cooperative

Extension Service

Edmonson County

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April 2018

4-H Chewy Granola Bars

Ingredients

2 1/2 cups rolled oats, old-fashioned or k
1/2 cup chopped nuts

1 cup firmly packed brown sugar

1/2 cup seedless raisins or dried fruit,
chopped

2 eggs

1/3 cup butter or margarine, melted

1 teaspoon vanilla extract

1. Preheat oven to 350 degrees F. Lightly coat the baking pan with non-stick cooking spray.
2. In bowl, combine oats, nuts, brown sugar, and raisins or dried fruit.
3. Stir in eggs, margarine, and vanilla. Mix until evenly combined.
4. Press mixture firmly into the prepared baking pan.
5. Bake for 25 to 30 minutes. Cool for 10 minutes. Cut into bars

From the Agent

Summer will be here before you know it! We have several exciting classes for adults and youth planned this summer. Contact the Extension Office if you have any questions.

Julia Wilson

Edmonson County

Extension Agent for

Family & Consumer

Sciences /4-H Youth

Development

BASIC BUDGET BITES **Tips for Cleaning** **Fruits and Veggies**

Properly handling your produce can extend the shelf life and keep you from getting sick. Follow these steps when washing fruits and veggies.

- Wash hands for 20 seconds with warm water and soap.
- Cut away any damaged or bruised areas before preparing or eating.
- Gently rub produce while holding under plain running water.
- Wash produce before you peel it.
- Use a clean vegetable brush to scrub firm produce such as melons.
- Dry produce with a clean cloth or paper towel.

Source: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm256215.htm>

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



COOPERATIVE EXTENSION



4-H Summer Camp

July 3rd- July 6th

Dawson Springs, KY

Campers can enjoy the Olympic size swimming pool ,horse arena, nature and craft classes, shooting sports, fishing, zip lining, and many other activities.

- Air conditioned cabins!
- Newly renovated bathhouses!
- For parents: "Waldo Photos" - Have pictures of your camper sent to your phone!

Camping age is 9-15.

An 8-year-old entering the 4th grade in the Fall of 2018 is also eligible .

Early Bird Special!

The first 25 campers who turn in their paperwork pay only \$75! Payment must be made in full when turning in the camp application.

Normal cost per camper is \$175. Payment plans available! Camp applications are due June 18th, 2018.

Call the Extension Office at 270-597-3628 for more information.

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Disabilities accommodated with prior notification.

8th Annual Spring Fling

& Health Fair

April 28th

9:00 am-1:00 pm

Edmonson County Public Library

Music, food, craft booths & more

Health Fair Information

9:00 am – 12:00 pm

Free Screenings

Cholesterol/Lipid profile testing
(no food/drink 9 hours before test)

Blood Pressure

Blood Glucose, Diabetes Screening, Foot Exams

Carbon Monoxide Testing

Vision and Color Screening

Managed Care Organizations

Derma scan

Kindergarten Dental Screenings

Health Information Booths

Edmonson County Schools Family Fitness Walk

Walk benefits Edmonson County Schools' Physical Education Programs

TRACK WILL BE OPEN FROM 9:00—11:00 a.m.

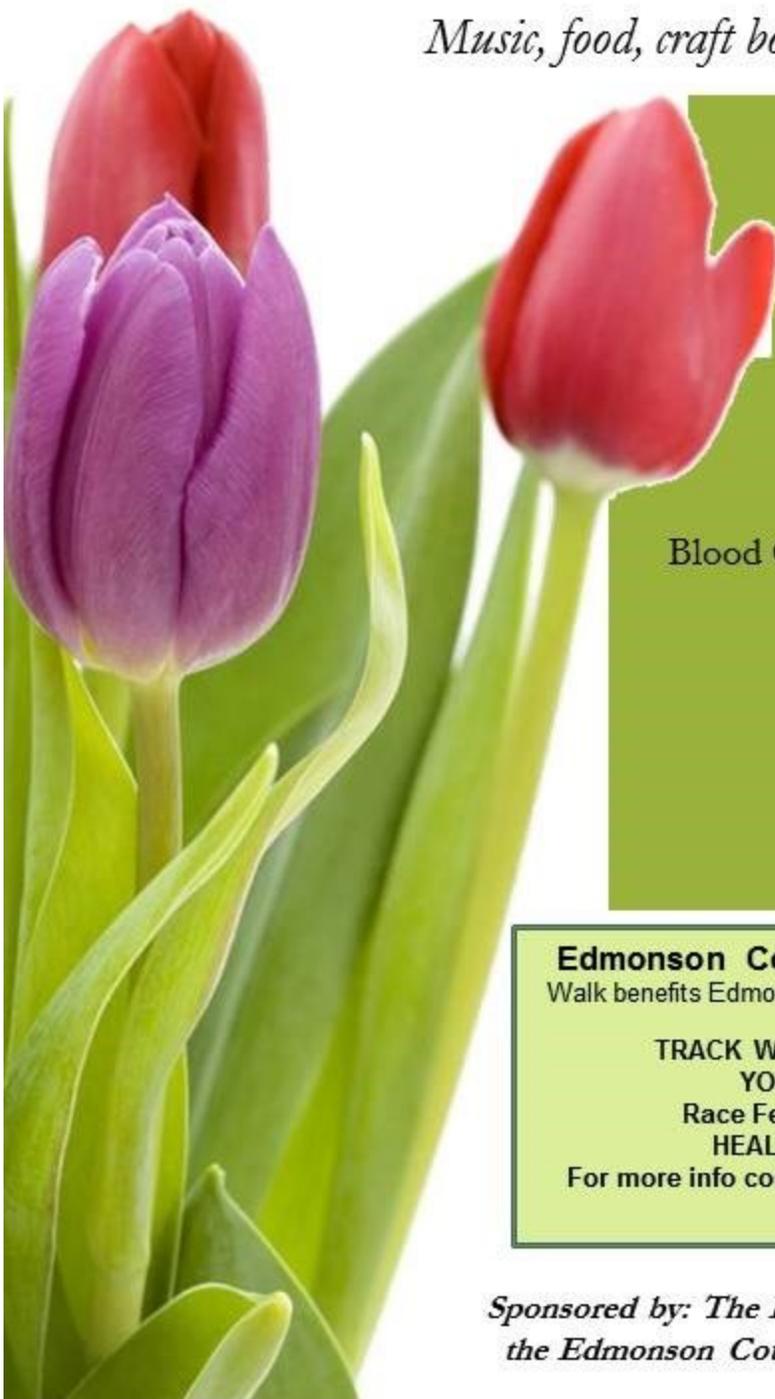
YOU CHOOSE YOUR DISTANCE!

Race Fee: \$10 per person Includes t-shirt

HEALTHY SNACKS WILL BE SERVED!

For more info contact: Sally Hope at sally.hope@comcast.net

*Sponsored by: The Edmonson County Public Library and
the Edmonson County Healthy Communities Coalition*



Try a small-scale garden this year

Source: Rick Durham, UK extension professor

With more people living in urban areas, many think they do not have the space to garden. A new publication from the University of Kentucky Cooperative Extension Service, ID-248: Gardening in Small Spaces, describes how you can garden in a limited area.

Besides space, an issue that may limit gardening is sunlight. Most vegetables require full sun conditions, which equals six or more hours of direct sunlight each day. If you have an open yard free of tall trees or a south facing sunny patio, you should



have sufficient light. If you only get four hours or so of light try lettuce, spinach and radishes for the spring garden, or Swiss chard, cucumbers or winter squash for the summer garden.

Gardening with limited space is best done in raised beds or containers. Use raised beds for gardens in your yard. Beds can be made of many materials such as lumber made of wood, plastics or vinyl or concrete blocks. Kill or cover any existing grass within the bed area and add 6 to 8 inches of amended soil. Amended soil includes 25 percent garden soil and 75 percent organic matter such as a mixture of peat, humus and compost. Little fertilizer should be needed if the mix contains at least 25 percent compost.

For patio gardening, use pots or other containers to grow vegetables. These containers should be filled with potting soil, not garden soil. Use containers large enough to provide soil for good plant root growth. Plants in containers will need occasional fertilizer. Consult the fertilizer label for specific instructions. Larger pots will need