


Logan County

 Cooperative
Extension Service

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Homemakers

July 2025

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Family & Consumer
Sciences Agent for
Logan County



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Cooperative Extension Service

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

Mark Your Calendars!

- The Logan County Extension Office will be closed July 4, 2025 for the Fourth of July holiday.
- Logan County Homemaker Cultural Arts Contest August 26, 2025
- Logan County Homemaker Annual meeting August 28, 2025
- Mammoth Cave Area Homemaker Annual Day October 16, 2025

Cultural Arts Contest

The county cultural arts contest is scheduled for August 26, 2025 at the Logan County Extension Office. You may bring your entries to the Extension Office on August 25 or before noon on August 26. You may pick your items up after 3 PM on August 26 or if you would like your items to be on display for our county annual meeting you may leave them until after August 28. I look forward to seeing some great work from wonderful, talented ladies!

FRYSC Clothing Drive

If you would be interested in helping with the FRYSC Clothing Drive on July 31, 2025 from 9 - 11 AM at the Logan County Extension Office please let me know. I am needing several volunteers to help check people out that day.

Outstanding Club Report Form

Several clubs have already completed and turned in your outstanding club report form. If you have not, and plan to do so, please get them to me no later than August 1, 2025 so I can prepare awards and recognitions for our county annual meeting!

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Homemaker Club Meetings

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

South Union

Meets 2nd Wednesday @ NOON

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM



**FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!**

Homemaker Leader Trainings

No August Leader Training.

Picnic Month - Plan a fun activity with
your club members!

September Leader Training.

“Yoga or Chair Yoga”

September 3, 2025 @ 10 AM

ATTENTION ALL MEMBERS AT LARGE AND ALL NEW MEMBERS:

**OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.**

If your club has participated
in an outing, event or activity
that you would like to
highlight in our monthly
newsletter please feel free to
send me information and
pictures!

*Any changes in leader
trainings
will be announced!*

QUILT SHOW

Logan County Fair 2025



We had an excellent display of quilts this year in the county fair Quilt Show during the Logan County Fair Kick Off Day! We had a total of 65 quilts on display with 20 of those being quilts made by the Sew Fun Homemakers Club that are being donated to the Isaiah House. Congratulations to Regina Phillips for receiving the County Fair Best in Show Quilt Show award!

Homemaker Highlights



Thank you to all Homemakers who volunteered and helped during the Logan County Fair Kick Off Day!

Homemaker Highlights



The Sew Fun Homemakers have made “house” blocks for a neighborhood quilt. They gifted their favorite fabric store with a block of her house / business. Because she is Amish they did not include her face in the picture.



Neighbors Homemakers had lots of fun making jewelry together from the county lesson on jewelry making. Club member, Carol Barry, brought supplies to make pierced earrings for those that wanted to.



Homemaker Highlights



The O&H Homemakers met in June and made key chains after the jewelry lesson. Club members also celebrated the Juneteenth holiday!





Chicken Burgers



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes

Cook time: 10 minutes

- 1 pound 98% fat-free, ground chicken breast
- 1/4 cup barbecue sauce
- 1/2 cup green onions, finely chopped
- 1/4 cup celery, diced
- 1 teaspoon garlic powder (or 1 clove of garlic, minced)
- 1/4 teaspoon salt
- Nonstick cooking spray
- 4 whole-wheat hamburger buns
- 2 cups romaine lettuce, torn or shredded
- 1 large tomato, cut into 8 slices

Optional: 2 tablespoons cheese, such as blue cheese, feta, or shredded cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a medium bowl, combine chicken, barbecue sauce, green onion, celery, garlic powder, and salt.

3. Using wet hands (to prevent mixture from sticking), form chicken mixture into four 1/2-inch-thick patties. Wash hands with warm water and soap after handling raw poultry.
4. Preheat a large skillet over low to medium heat and spray with nonstick cooking spray.
5. Place burgers in the preheated skillet. Cook until burgers reach an internal temperature of 165 degrees F as measured on a meat thermometer, about 5 minutes per side.
6. To serve, place each burger on a bun. Top each with 1/2 cup shredded lettuce, 2 tomato slices, and optional 1/2 tablespoon of cheese.

7. Refrigerate leftovers within 2 hours.

Makes 4 servings

Serving size: 1 burger on bun with toppings

Cost per recipe: \$8.36

Cost per serving: \$2.09

Nutrition facts per serving:

300 calories; 3.5g total fat; 0g saturated fat; 0g transfat; 65mg cholesterol; 500mg sodium; 32g total carbohydrate; 1g dietary fiber; 9g total sugars; 4g added sugars; 27g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Andrea Wilde,
NEP Area Nutrition
Agent, University of
Kentucky Cooperative
Extension Service

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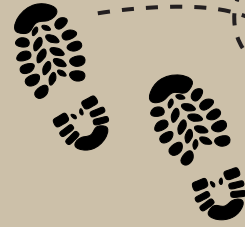
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Trail Etiquette and Safety



State parks are great places to enjoy nature, but it's important to follow some basic rules to keep them clean and safe for everyone. One of the most important rules is to always clean up after yourself. Don't leave any trash behind, and make sure you stay on marked trails to protect plants and wildlife. When you're on a trail, remember to share the space with others. If someone is coming uphill, let them go first. If you're on a bike or horse, let hikers have the right of way. Walk in a single line if you're with a group so you don't block the trail. Keep the noise down so everyone can enjoy the peacefulness, and use headphones if you want to listen to music.

If you bring a pet, make sure it's allowed in the park. Keep it on a leash at all times. Always pick up after your pet to help keep the park clean.

Finally, follow the park's rules and respect signs about where you can and can't go. By doing these things, you help keep our parks safe, clean, and enjoyable for everyone.

References

[Trail Etiquette & Safety \(ca.gov\)](#)

[Park and Trail Etiquette: Dos and Don'ts of Visiting WV State Parks - West Virginia State Parks](#)

[Trail Guidelines - Kentucky State Parks](#)

Source: Monica Mundy, Extension Specialist for Community and Family Health





MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

DATE

Food Preservation: Preserving Food with Less Sodium

Whether by personal choice or due to special dietary needs, many people are looking for ways to reduce their sodium intake. Commercially prepared food suitable for special meal plans can be costly because low-sodium foods require slightly different production procedures. Preserving food at home can be a practical way to save money, even when reducing sodium, if fresh produce and the necessary equipment are available.

Options for Reducing Sodium

Freezing

Foods frozen at home typically have no salt added during preparation, making them an excellent choice for reduced-sodium dietary needs. Add salt, reduced-sodium salts, or salt substitutes at serving time, if desired.

Canning

Salt can be safely omitted from home-canned vegetables, meats, poultry, and fish. Use the same processing times as used for conventionally canned foods. In these foods, the amount of salt in the recipe (1–3 teaspoons per jar) is used to enhance flavor. This small amount of salt does not provide any preservative benefit.

If using a salt substitute, add it when serving the product. Salt substitutes often contain ingredients that may cause an unpleasant aftertaste if they are added before processing due to the high heat from the canning process.

Herbs and spices are often used to enhance flavor without using salt. It is recommended that you add these seasonings after opening the canned product, as the time and heat of the canning process may change the seasonings' flavor.

Pickling

Salt concentrations should not be changed in pickle recipes. Reduced-sodium salts such as “Lite Salt™” may be used in quick- process pickle recipes. However, the pickles may have a slightly different taste than expected. Never alter salt concentrations or use reduced-sodium salt when making fermented pickles or sauerkraut. Proper fermentation depends on the correct proportions of salt and other ingredients.



Reduced-Sodium Sliced Sweet Pickles

Brining Solution

4 pounds (3- to 4 inch) pickling cucumbers
1 quart distilled white vinegar (5%)
1 tablespoon canning or pickling salt
1 tablespoon mustard seed
 $\frac{1}{2}$ cup sugar

Canning Solution

$1\frac{2}{3}$ cups distilled white vinegar (5%)
3 cups sugar
1 tablespoon whole allspice
 $2\frac{1}{4}$ teaspoon celery seed

1. Wash cucumbers. Cut a 1/16-inch slice off the blossom end and discard. Cut cucumbers into $\frac{1}{4}$ -inch slices.
2. Combine all ingredients for the canning solution in a saucepan and bring to a boil. Reduce heat and keep the canning solution hot until used.
3. Mix ingredients in a large kettle to create the brining solution. Add the cut cucumbers, cover, and simmer until the cucumbers change color from bright to dull green (about 5–7 minutes). Drain the cucumber slices.
4. Fill pint jars with hot cucumber slices and cover with hot canning solution. Remove air bubbles, leaving $\frac{1}{2}$ inch of headspace.
5. Adjust lids and process pint jars for 10 minutes in a boiling water bath canner (at altitudes of 1,001–6,000 feet, increase process time to 15 minutes).

Yield: 4–5 pints

Reduced-Sodium Sliced Dill Pickles

4 lb (3- to 5 -inch) pickling cucumbers
6 cups vinegar (5%)
6 cups sugar
2 tablespoons canning or pickling salt

$1\frac{1}{2}$ teaspoons celery seed
 $1\frac{1}{2}$ teaspoons mustard seed
2 large onions, thinly sliced
8 heads of fresh dill

1. Wash cucumbers. Cut a 1/16-inch slice off the blossom end and discard. Cut cucumbers into $\frac{1}{4}$ -inch slices.
2. Combine vinegar, sugar, salt, celery, and mustard seeds in a large saucepan. Bring mixture to a boil. Reduce heat and keep the pickling solution hot until used.
3. Place two slices of onion and $\frac{1}{2}$ dill head on the bottom of each pint jar. Fill jars with cucumber slices, leaving $\frac{1}{2}$ inch of headspace. Add one slice of onion and $\frac{1}{2}$ dill head on top.
4. Pour hot pickling solution over cucumbers, leaving $\frac{1}{4}$ inch of headspace.
5. Adjust lids and process pint jars for 15 minutes in a boiling water bath canner (at altitudes of 1,001–6,000 feet, increase process time to 20 minutes).

Yield: About 8 pints

Source: Christine Kendle, Educator and Area Leader; Food, Agriculture, and Environmental Sciences; Ohio State University Extension

Katharine Shumaker, Educator, Family and Consumer Sciences, Ohio State University Extension

References: <https://ohioline.osu.edu/factsheet/hyg-5358>

<https://extension.uga.edu/publications/detail.html?number=B989&title=so-easy-to-preserve>

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