

# HENDERSON COUNTY EXTENSION FCS NEWSLETTER

## July 2025

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**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**

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

# HOMEMAKER HAPPENINGS

## Club Meetings

Town and Country - 3rd Monday of each month at 6:00 p.m. in the Expo Kitchen

Happy Knitters - every Tuesday at 10:00 a.m. in the Expo Conference Room

Niagara - 3rd Wednesday of each month at 10:00 a.m. at Cash Creek Baptist Church

Central - 2nd Thursday of each month at 11:00 a.m. at St. Paul's Episcopal Church

Bonnie's Crafty Cats - 4th Thursday of each month at 4:00 p.m. at Redbanks Pleasant Pointe

## Reminders

- Recipe
- 9 x 13 cake pan
- Box of cake mix
- Regular size can of soda (12 oz.)
- Cake icing
- Candles
- Sprinkles (optional)

## Tomatoes

### Choosing, Storing, Preparing, and Enjoying

Anna Cason, Dietetics and Human Nutrition

Tomatoes are nutritious and delicious. They are available fresh, jarred, and canned, meeting budget, preference, and accessibility needs. Tomatoes also support health in many ways. Consider the points below when choosing, storing, and preparing tomatoes to enjoy them in a variety of ways.

#### Choosing Tomatoes

When selecting tomatoes, look for:

- Firm feel, well-shaped, gives slightly to pressure.
- Rich color, bright and shiny.
- Feels heavy for its size.
- Free from blemishes, cracks, and bruises.

**Tomatoes work together with other foods to support our health in a variety of ways**



Support eye health

Fight infection

Enhance immunity

Protect against cancer

Promote proper digestion

## Storing Tomatoes

To extend the life of tomatoes, save food dollars, and enjoy the best flavor and texture, consider these storage tips:

- Ripe tomatoes should be stored at room temperature, such as on the kitchen counter.
- Green tomatoes can be ripened by placing them in a paper bag kept at room temperature for several days. If you have multiple tomatoes, line a rack in newspaper, place tomatoes on top of newspaper, and then cover the tomatoes in another layer of newspaper. The paper bag and newspaper help to retain moisture. These methods work because tomatoes naturally produce the gas ethylene, which encourages ripening when trapped.
- Use ripe tomatoes within three days. Tomatoes that are light pink in color should be ripe in three to five days.
- They should be kept out of direct sunlight. Direct sunlight can give tomatoes a bitter taste.
- Avoid refrigerating tomatoes as low temperatures can change the texture and flavor.
- Tomatoes can be preserved now to be enjoyed later. Check out FCS3-580: Home Canning Tomatoes and Tomato Products to learn how.

## Preparing Tomatoes

Always wash fresh tomatoes under cool running water, wiping off visible signs of dirt. Remove the core and peel if you like. Tomato seeds contain nutrients, so avoid seeding, unless the recipe calls for it.

## Enjoying Tomatoes

Tomatoes are available fresh and can be enjoyed raw or used in recipes. They are also available jarred or canned, often in peeled, whole, diced, chopped and in sauce and paste options. Jarred and canned tomatoes provide the nutrients of fresh tomatoes but may be more convenient, accessible and a budget-friendly option for recipes. Choose "low sodium" or "no salt added" versions and consider added liquid when using in recipes. Be mindful of added sugar content of some jarred tomato products.

## References

- Avizienis, A., Lawrence, K., & Cornish-Keefe, S. (2019). *The Fruit & Vegetable Bible*. Moseley Road Inc.
- Collins, E. J., Bowyer, C., Tsouza, A., & Chopra, M. (2022). Tomatoes: An Extensive Review of the Associated Health Impacts of Tomatoes and Factors That Can Affect Their Cultivation. *Biology*, 11(2), 239. <https://doi.org/10.3390/biology11020239>
- Durham, R., Rudolph, R., Williams, M., Wright, S., Bessin, R., & Lee, B. (2024). *Home Vegetable Gardening in Kentucky*. Cooperative Extension Service. <https://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf>
- Duyff, Roberta Larson & And, N. (2017). *Academy of Nutrition and Dietetics complete food and nutrition guide*. Houghton Mifflin Harcourt.
- Foundation for Fresh Produce. Tomato. Have a Plant. <https://fruitsandveggies.org/fruits-and-veggies/tomato/>
- Preparing Tomatoes | Home Vegetable Gardening | Illinois Extension | UIUC. (n.d.). Extension.illinois.edu. Retrieved June 28, 2024, from <https://extension.illinois.edu/gardening/preparing-tomatoes>.

Resources for information about growing produce, check out NEP's Growing Your Own Garden series at <https://www.planeatmove.com/get-moving/growing-your-own-garden/>.

For more information on using fresh tomatoes, consider Plate It Up! Kentucky Proud recipes: <https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>.

For more information on preserving food, check with your local county Extension office.

# Media Information



Check out our new and improved website  
<https://henderson.ca.uky.edu/fcs>



## Continue to Watch:

TV - Lifestyles on News25 on the 2nd Tuesday of each month



## Henderson County FCS

Like  
and  
Follow



## Continue to Listen:

Radio - every Thursday morning  
on WSON at 6:50 a.m.

### Cooperative Extension Service

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

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# Classes and Groups

## Cancer Support Group

Open to Everyone

The group meets on the 3rd Monday of each month at 3:00 p.m.



## Beginners Quilt Piecing Class

- Basic sewing skills and machine knowledge are required.
- You may choose to follow along with the group project or work independently.
- String quilting is one of the projects we will complete.

When: 2nd Thursday of every month

Where: Henderson County Extension Expo Building in the project room

Time: 5:30-8:00 p.m.

Call the office to reserve a seat at 270-826-8387.

## Sewing Class

We will meet every Thursday at 10:00 a.m.

This group is for:

- Those who want to learn to sew
- Those interested in tackling a new project

Feel free to bring your own projects to work on, or we will provide a supply list for new projects based on the patterns available at each class.



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# Henderson Homesteading Series

Rediscover the Joy of Homemade Living!

## What You'll Learn:

**July 17<sup>th</sup> - Sourdough Bread Making** – Fill your home with warmth and your table with flavor.

**July 24<sup>th</sup> - Soap Making** – Craft luxurious, natural soaps from simple ingredients. Perfect for gifts.

**July 31<sup>st</sup> - Gardening Basics and Salsa Canning** – We teach how to grow tomatoes for canning and make salsa.

**August 7<sup>th</sup> - Flower Arranging** – Learn how to bring the beauty of your garden indoors.

Each class is packed with step-by-step instructions. Perfect for beginners!

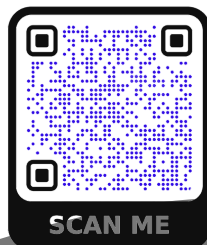


**\$5 per class**

\*\*\*Cash or Check\*\*\*

Space is limited! Please RSVP by calling the Extension Office at 270-826-8387 or by scanning the QR code

**Make checks payable to:  
Henderson County Soils Lab**



Classes will be held at the  
Henderson County Extension Expo  
3341 Zion Road  
Henderson, KY 42420

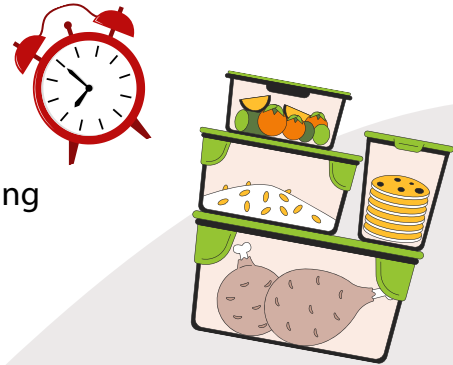
# Meal Planning Made Simple Class

Save Time • Eat Better • Stress Less

Tired of scrambling for dinner every night? Want to eat healthier but don't know where to start? Our Meal Planning Made Simple class is your game-changer!

## What You'll Learn:

- What is Meal Planning
  - Difference between Meal Planning and Meal Prepping
- Benefits of Meal Planning
  - Financial
  - Physical Health
  - Mental Health
- Tips and Tricks on How to Meal Plan
- Cooking Demo



Whether you're feeding one or a whole family, this class gives you the tools and confidence to take control of your kitchen—and your time.

## Perfect For:

- Busy professionals
- Parents on the go
- Health-conscious eaters
- Anyone ready to ditch last-minute dinners



**When:** July 23, 2025 at 5:00 p.m.

**Where:** Henderson County Extension Expo Kitchen (Behind the main office)

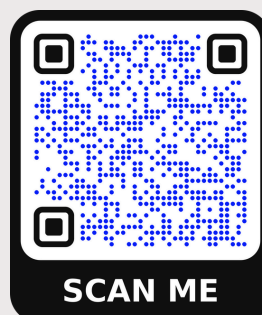
**Cost:** FREE!



Get ahead of the week—one meal at a time.

Register now – spots fill fast!

Call 270-826-8387 or scan the QR code



Henderson County  
3341 Zion Road  
Henderson KY 42420

RETURN SERVICE REQUESTED

Our offices will be closed July 4th



Happy 4th of July



**Heat** 2 tablespoons of olive oil in a large, lidded skillet or wok over medium-high heat. **Add** bell pepper, onion, and carrots. **Cook**, stirring occasionally, until crisp-tender, about 5 minutes. **Add** cabbage and zucchini to pepper mix. **Cook**, stirring occasionally, about 5 minutes. **Heat** ½ tablespoon of olive oil in a second large skillet over medium-high heat. **Add** chicken and cook, turning occasionally, until no longer pink, about 5 minutes. **Transfer** chicken to skillet with vegetable mixture. **Place** cauliflower into a food processor. **Pulse** until the mixture resembles rice. **Heat** ½ tablespoon of olive oil in a skillet over

medium-high heat. **Add** garlic and cook about 15 seconds. **add** cauliflower. **Cook**, stirring occasionally, 2 minutes. **Transfer** to vegetable skillet, and **stir** to combine. In a small bowl, **combine** soy sauce, ginger, 1 tablespoon of olive oil, green onions, salt, pepper, and crushed red pepper. **Add** to cauliflower mixture. **Cook**, stirring until well mixed and heated through.

**Yield:** 6, 1-cup servings

**Nutritional Analysis:** 180 calories, 10 g fat, 1.5 g saturated fat, 15 mg cholesterol, 270 mg sodium, 16 g carbohydrate, 5 g fiber, 7 g sugars, 0 added sugars, 8 g protein

- |                                      |   |                         |
|--------------------------------------|---|-------------------------|
| 2 tablespoons lower-sodium soy sauce | 1 small chopped zucchini                  | 3 cups chopped cabbage  |
| ½ teaspoon ground ginger             | 1 cubed skinless, boneless chicken breast | carrots                 |
| ¼ cup chopped green onions           | 1 head of roughly chopped cauliflower     | 2 cups finely chopped   |
| Salt and pepper to taste             | 2 tablespoons minced garlic               | ½ medium diced onion    |
| ½ teaspoon crushed red pepper        |   | 1 diced red bell pepper |

# Chicken and Fried Cauliflower Rice

