

# NEWSLETTER



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

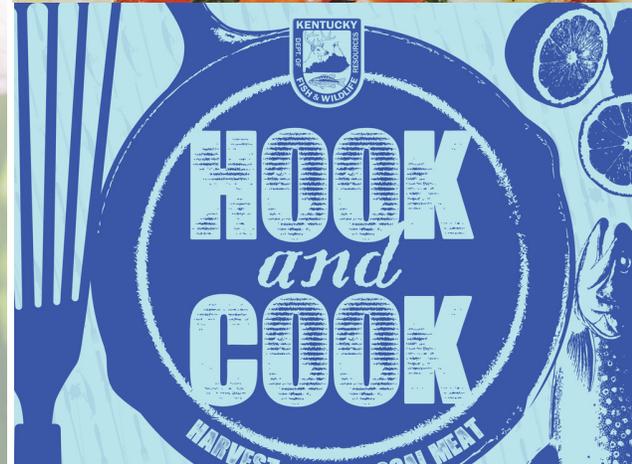
ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension  
39 E Walnut Street  
P.O. Box 283  
Mt. Olivet, KY 41064

## INSIDE THIS ISSUE

### Important Dates

May 8	Cloverbud Orientation
May 9-11	Homemaker State Meeting
May 11	Cooking through the Calendar Senior Center
May 12	Bluelick's Farmer's Market Begins 3-7 p.m. & Sat. 9-1
May 16	Crafts & Crumbs @ Extension Office
May 18	God's Pantry- Food Pickup
May 19, 26	POP Club @ Farmer's Market
May 19	RCS Last Day of School
May 20	Methodist Church Food Pickup
May 23	4-H Camp Orientation #1
May 25	4-H Camp Orientation #2
May 30	Memorial Day (Office Closed)



**SEE YA**

*Around Town*

# Mount Olivet

## 4-H PROJECT DAYS

Several students took part in this year's 4-H Project Days.

These students will enter their items into the Germantown Fair in hopes of getting to send their projects further to the Kentucky State Fair later this summer. The categories completed during 4-H Project Days were:

- Junior Art Trends – Mixed Media Canvas
- Terrariums
- Dish gardens (desert or tropical)
- Photography (several categories)

We will be collecting all 4-H Fair entries at the Extension Office the week of July 24th-27th.



**OLD RELIABLE**  
**GERMANTOWN**  
**FAIR**

**July 29, July 31 - August 5**



# CRAFTS & CRUMBS

## Spring Harvest Salad

May 16

Extension Office

5:00 p.m.

Multiple Designs Available

Community Members \$30

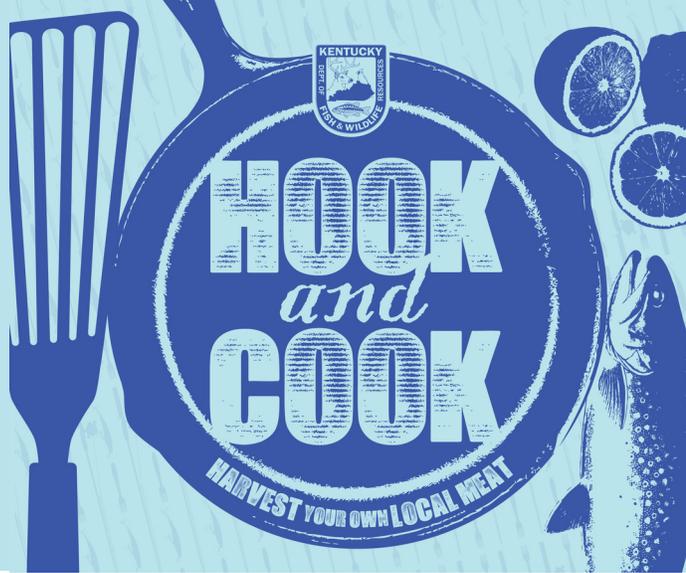
Homemakers \$25

Call Office to Register or Scan the QR Code

606-724-5796

Limited to 20 Spots





# GOOD FISHING. CLOSE TO HOME.

The Kentucky Department of Fish and Wildlife Resources (KDFWR) created the Fishing in Neighborhoods (FINs) program in 2006 to provide anglers with quality fishing opportunities close to home. The program currently includes 45 lakes statewide. The aim of the program is to create quality fishing opportunities near cities of all sizes throughout the state. Lakes are regularly stocked with catfish and rainbow trout throughout the year. In addition to these lakes being stocked with catfish and trout, the sunfish and bass populations are regularly sampled to ensure natural reproduction is meeting the needs of anglers. Stocking of sunfish and/or largemouth bass occur if needed.

## Maysville Mason County -REC. Lake <sup>fins</sup>

Species	Regulation Description
LARGEMOUTH BASS	Must be 15 inches or over - Limit 1 per angler
RAINBOW TROUT	Limit 5 per angler
BLUEGILL	Limit 15 per angler, Bluegill and all other sunfish combined
REDEAR SUNFISH	Limit 15 per angler, Bluegill and all other sunfish combined
BLUE CATFISH	Limit 4 per angler, channel catfish and blue catfish combined
CHANNEL CATFISH	Limit 4 per angler, channel catfish and blue catfish combined

### License Requirements

- Resident/Nonresident Youth ages 15 and younger do not need a fishing license or trout permit. Residents/Nonresidents age 16 and older must possess a statewide fishing license.
- Resident Seniors age 65 and older are not required to purchase a trout permit to keep trout if in possession of the Resident Senior License.
- Resident/Nonresident Fishing License holders must purchase a Trout Permit to possess Rainbow Trout. Resident/Nonresident Fishing License holders can fish for Rainbow Trout, but can not be in possession of trout.
- Any angler can fish without a fishing license on the Free Fishing Days that take place the first weekend in June (June 3-4, 2023).
- For more information on Fishing License Requirements and Exemptions, follow the link to the Fishing and Boating Guide.
- Call 1-800-25-Alert to report Fish and Wildlife violations.

**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 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
 LEXINGTON, KY 40546





### Baked Fish Fillets with Dill Sauce

#### Baked Fish Fillets

- 1 pound freshwater fish fillets
- 1 tablespoon lemon juice
- 1 teaspoon water
- 1/2 teaspoon pepper
- 1 small onion, diced

Preheat the oven to 425 degrees Fahrenheit. Coat 9 x 13 inch baking dish with nonstick cooking spray. Place the fish in a single layer in a baking dish. Sprinkle the fish with 1 tablespoon lemon juice, 1 tablespoon water, pepper, and onion. Cover tightly with foil. Bake 20 to 25 minutes and internal temperature reaches 145 degrees Fahrenheit.

#### Dill Sauce

- 1/4 cup low-fat mayonnaise
- 1/4 cup fat-free milk

- 1 tablespoon dried dill weed
- 1 tablespoon lemon juice
- 2 teaspoons Dijon mustard

Place mayonnaise in a saucepan. Gradually whisk in milk. Whisk over medium-low heat for 2 minutes or until smooth and heated through but not bubbly. Remove sauce from heat. Stir in dill weed, 1 tablespoon lemon juice, and Dijon mustard. Remove fish to a serving platter. Spoon dill sauce over fish and serve.

Yield: 4 servings

Adapted from "Living Well, More Than a Cookbook," Published by National Extension Association of Family and Consumer Sciences, Copyright 2010 by National Association of Family and Consumer Sciences, 14070 Proton Road, Suite 100LB, Dallas, Texas 75244.

#### Nutrition Facts

4 servings per container

Serving size 4 ounces (170g)

Amount per serving

**Calories 170**

% Daily Value\*

Total Fat 5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 80mg 27%

Sodium 280mg 12%

**Total Carbohydrate** 6g 2%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 125mg 10%

Iron 2mg 10%

Potassium 480mg 10%

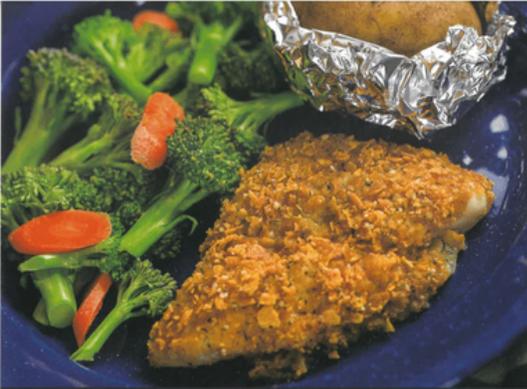
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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



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



### Oven-Fried Fish Fillets

#### Oven-Fried Fish Fillets

- 1 pound fish fillets
- 2 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 1/4 cup shredded parmesan cheese
- 1/4 teaspoon dill weed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups cornflake-type cereal, crushed

Preheat oven to 350 degrees Fahrenheit. Grease a 13x9 baking dish. Cut fillets into serving pieces, if necessary. In a small bowl, combine lemon juice and vegetable oil. In a separate small bowl, mix Parmesan cheese, dill weed, salt, and pepper. Dip each fillet into lemon juice mixture. Lay in baking dish, sprinkle with cheese mixture, and coat with crushed cereal. Bake uncovered for 20 to 30 minutes or until fish flakes easily.

Yield: 4 servings

Adapted from "Fish and Game Cookbook" by Bonnie Scott, Copyright 2013, Bonnie Scott

#### Nutrition Facts

4 servings per container

Serving size 4 ounces (110g)

Amount per serving

**Calories 200**

% Daily Value\*

Total Fat 6g 8%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 80mg 27%

Sodium 330mg 14%

**Total Carbohydrate** 12g 4%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 24g

Vitamin D 1mcg 6%

Calcium 97mg 8%

Iron 6mg 35%

Potassium 449mg 10%

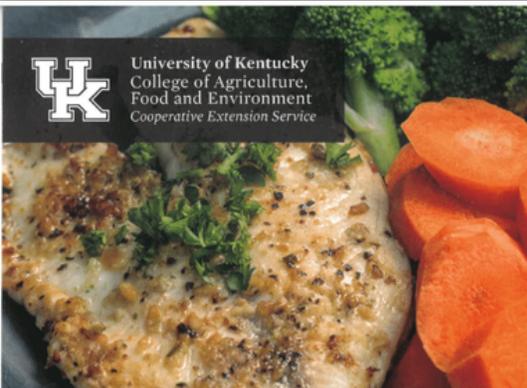
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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



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



### Trout with Herb Sauce

#### Trout with Herb Sauce

- 2 pounds trout fillets
- 1 tablespoon salt-free seasoning blend
- 1/4 teaspoon salt
- 2 tablespoons olive oil
- 2 teaspoons garlic powder
- 4 tablespoons lemon juice
- 2 tablespoons unsalted butter, softened
- 2 tablespoons parsley, chopped

oil on medium heat until hot but not smoking. Add trout fillets to skillet. Cook fish for 3 to 5 minutes or until lightly browned on the bottom.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds, especially after handling raw fish.
2. Preheat oven to 325 degrees F.
3. Season top of fish fillets with salt-free seasoning and salt.
4. In a large skillet, heat olive

5. Flip fillets over and cook 2 more minutes.

6. Remove fillets from skillet and place in a covered dish. Place in preheated oven for 5 to 10 minutes while preparing sauce.

7. Add garlic powder and lemon juice to olive oil remaining in the skillet. Cook to combine on medium heat for 2 minutes. Remove from heat and add butter and parsley. Stir sauce until butter is fully melted and forms a creamy mixture.

8. Remove fish from oven and check that it has reached an internal temperature of 145 degrees F and flakes easily with a fork.

9. Cover fillets with sauce.

10. Serve immediately. Store leftovers in the refrigerator within 2 hours.

Yield: 8 servings  
Serving Size: 4 ounces

**Nutrition facts per serving:**  
450 calories; 28g total fat; 7g saturated fat; 0g trans fat; 145mg cholesterol; 310mg sodium; 1g total carbohydrate; 0g dietary fiber; 0g sugars; 0g added sugars; 47g protein; 45% Daily Value of vitamin D; 8% Daily Value of calcium; 20% Daily Value of iron; 20% Daily Value of potassium.



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



**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 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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



# ADULT HEALTH BULLETIN



**MAY 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

Robertson County  
 Extension Office  
 39 East Walnut Street  
 Mt. Olivet, KY  
 41064  
 606-724-5796

## THIS MONTH'S TOPIC: GARDENING SAFELY



**T**he warm spring weather has many people excited to get outside and begin seasonal yard and garden work. Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly.

According to the Consumer Product Safety Commission (CPSC), more than 400,000 people visit emergency rooms each year for injuries related to outdoor

Continued on the next page →



# ***Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil.***

## **→ Continued from the previous page**

garden tools. It is important to stay safe when working with outdoor tools. The American Society of Surgeons of the Hand (ASSH) recommends taking the following precautions when gardening:

- **Wear gardening gloves:** Wearing the proper gloves will help reduce blistering and protect your skin from chemicals, bacteria, and fungi that live in the soil. Hands and fingers are prone to small cuts and scrapes that can become easily infected when exposed to dirt and germs. Leather gloves protect against thorns, poisonous plants, insect and animal bites, and other skin irritants in the garden. Gloves also prevent sun damage.
- **Avoid strenuous repetitive motions:** Unless you are used to the activity, repetitive motions such as digging, raking, trimming hedges, pruning bushes, or planting bulbs may cause muscle or skin damage. Rotate gardening activities every 15 minutes with a brief rest in between so the same muscles are not overused.
- **Be aware of your grip:** Grip strength is at its maximum when the wrist is in a relaxed or neutral position. Studies have shown that people lose up to 25% of their grip strength when their wrist is bent. Only use hand tools with the appropriate hand, for example, do not grip a right-handed tool with your left hand. Try to square up your shoulders in front of where you are working instead of reaching across your body.
- **Use proper equipment and tools:** Use a hand shovel or rake rather than your hands for digging. Sharp objects and debris buried in the soil may cut you. If possible, remove clear sharp objects like broken glass, old labelling stakes, and unused tools from the work area before beginning the task to avoid causing damage. Additionally, avoid accidents by using tools for their intended purposes only.

### **Other important tool tips:**

- When purchasing pruners, loppers, or shears, look for pairs that feature a safety lock.



- Avoid products with form-fitting handles. These tools only fit one size of hand perfectly. If your hand is too large or too small, it will put more stress on your hand.
- Always follow the manufacturer's instructions for the tool.
- Keep sharp tools away from children at all times.
- Always unplug electrical tools and power off gas-powered motors when not in use.

If you do end up with an injury, keep the following guidelines in mind to know when to seek emergency medical care. Seek medical attention immediately if:

- Continuous pressure does not stop the bleeding after 15 minutes.
- You notice persistent numbness or tingling in the fingertip or have trouble moving the finger.
- You are unsure of your tetanus immunization status.
- You are unable to thoroughly clean the wound by rinsing with a mild soap and plenty of clean water.

#### **REFERENCE:**

<https://www.assh.org/handcare/safety/gardening>

---

**ADULT  
HEALTH BULLETIN**

#### **Written by:**

Katherine Jury, MS

**Edited by:** Alyssa Simms

**Designed by:** Rusty Manseau

**Stock images:**

123RF.com



# COOKING THROUGH THE CALENDAR

## MAY 11

## 11 A.M.

Robertson County  
Senior Citizen's  
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.



# Farmer's Market

Join the

## POP Club!

Visit our tent for FREE activities, samples, and prizes for kids of ALL ages!



Brought to your local farmers market in partnership with the Farmers Market Coalition. Learn about POP Club at [farmersmarketcoalition.org](http://farmersmarketcoalition.org).

Call the office for more information 606-724-5796

The POP club empowers youth to make healthy food choices by increasing their knowledge of seasonal fruits and veggies through interactive games and taste tests.

### POP Club Dates

Bluelick's Farmer's Market- May 19 @ 3:30

Bluelick's Farmer's Market- May 26 @ 3:30



All children who participate receive a \$2.00 voucher to spend at the market.