

Todd County Extension Family & Consumer Sciences Newsletter

Todd County Extension
240 Pond River Road
Elkton, KY 42220
270-265-5659
todd.ca@uky.edu



March 2024

Tactfully Untacked

Threads, stitches, and seams are important parts of our clothes. They hold pieces of fabric together, so, of course, we want to avoid cutting them. But did you know that **sometimes parts of our clothing come with stiches and threads that we are supposed to cut?** Yes, it's true! They are usually called **basting threads or tack stitches**. Manufacturers will insert these loose stitches in pockets or pleats or the vents or lapels of coats or blazers. The stitches keep these areas closed and neat during shipment to the store or to the consumer, limiting unwanted creases and helping the garment maintain its original shape. **But before the first wearing, we should remove these stitches so we can access pockets or allow our garment to fit us properly and not restrict our movement.**

You can sometimes confuse tack stitches for a design element because they are usually stitched with a different color thread and are larger than other stitches. But stitches that are looser and appear to be "temporarily" holding a seam, pleat, or vent together are normally the kind of stitch you should remove before wearing. The **best**

ways to remove tack stitches are with either a seam ripper or a pair of small, fine-tip scissors. Wash your hands and work on a clean surface in a well-lit area. You want to be able to see what you are cutting. **Take care to cut only the thread, not the fabric.** One snip or two is usually all it takes, but sometimes for a pocket that is stitched closed, you may need to snip along the stitching in a few areas. Gently pull at the loose thread ends and the remaining thread should come out, too. Now you're all set!

Style Suggestion: Removing visible tack stitches is always a good idea. However, sometimes consumers will **choose to leave pockets tacked closed** because they want them to lay flat and look neat. This is fine, if it doesn't impact the way the pants fit or feel (and you don't plan to actually use the pocket).

Source: Jeanne Badgett, senior Extension associate for clothing, textiles, and household equipment



Dry Canning

Recently, the internet and social media have made two methods of dry canning popular. One method is the practice of placing raw vegetables in a jar without adding any liquid, applying lids and processing for the same amount of time as if you had added water or liquid to cover the vegetables. This method is dangerous and could lead to botulism, a deadly form of food poisoning caused by the botulinum toxin. Research-based canning recipes include filling the jar with liquid to cover the vegetables. Process times are based on heat distribution with liquid in the jar (moist heat). If there is no liquid in the jar (dry heat), there will be uneven heat distribution and the product will be underprocessed. Underprocessed food may contain *Clostridium botulinum* spores, which lead to the formation of the botulinum toxin.

Another method of dry canning is the practice of placing dried foods like rice, beans, nuts, or grains in canning jars, applying lids then placing them in warm ovens to seal. A similar version is to place food in jars, warm them in the oven, and apply lids when they come out. Both of these practices are unsafe. When you heat dried foods, moisture naturally present in the food (even very small amounts) moves to the surface of the food and settles in pockets between the food or condenses on the inside of the jar. This moisture could support the growth of bacteria, mold, and pathogens such as *Salmonella*. The best way to store dried foods is to keep them in airtight containers at a reasonable temperature or in the freezer.

Be food-safe when preserving food. Don't trust everything you see on social media. Use USDA research-based canning recipes that include procedures on how to select and

prepare the food, fill the jars, apply the lids, and process in the recommended canner (making altitude adjustments if necessary) for the recommended time.

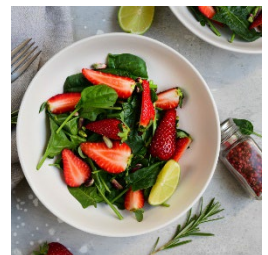
For more information on canning or storing dried foods correctly, contact the Todd County Extension office.

Reference: National Center for Home Food Preservation https://nchfp.uga.edu/how/general/equp_methods_not_recommended.html and <https://preservingfoodathome.com/2020/06/25/dry-canning-raw-vegetables-is-an-unsafe-practice/>

Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

Spinach & Strawberry Salad with Jam Dressing

10 ounces fresh baby spinach, cleaned and washed
16 ounces fresh strawberries, trimmed and sliced
¼ cup olive oil
3 tablespoons cider vinegar
2 tablespoons strawberry jam
2 tablespoons orange juice
Salt and pepper to taste



Directions:

In a large bowl, combine spinach and strawberries. In a small bowl, combine olive oil and remaining ingredients. Whisk until well combined to create salad dressing. Pour salad dressing over spinach and strawberries and toss to coat evenly. Serve immediately. Add chicken and/or nuts to make this salad a main course.

Source: Eat Smart to Play Hard: University of Kentucky Cooperative Extension Service
Servings:6 Serving Size:2 cups, including dressing. 150 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 75mg sodium; 16g carbohydrate; 4g fiber; 8g sugar; 2g protein; 35% Daily Value of vitamin A; 90% Daily Value of vitamin C; 4% Daily Value of calcium; 10% Daily Value of iron.

Sincerely,

Jill B. Harris

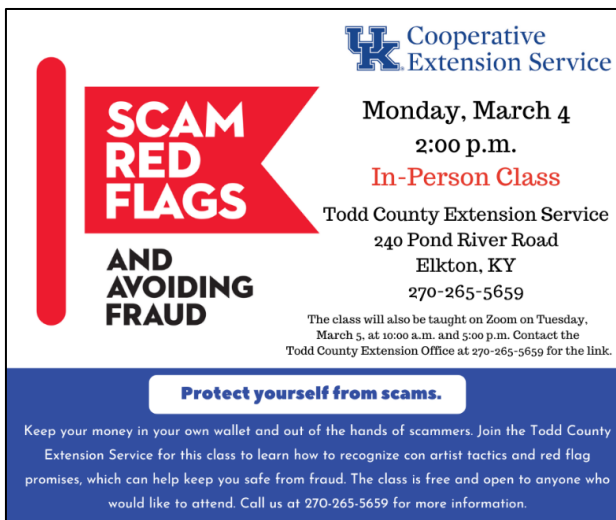


Extension Agent for Family & Consumer Sciences Education

Upcoming Classes & Activities

Homemaker Leader Trainings

Learn how to keep your money in your own wallet and out of the pocket of scammers by attending *Scam Red Flags and Avoiding Fraud*, **Monday, March 4 at 2:00 p.m.** at the Todd County Extension Office. Please pre-register by calling the Todd County Extension Office at 270-265-5659.



The poster features a red banner with the text "SCAM RED FLAGS AND AVOIDING FRAUD" in white. To the right, it lists the event details: "Monday, March 4 2:00 p.m. In-Person Class" and "Todd County Extension Service 240 Pond River Road Elkton, KY 270-265-5659". It also mentions a Zoom option for Tuesday, March 5, at 10:00 a.m. and 5:00 p.m. The bottom section has a blue background with the text "Protect yourself from scams." and a paragraph explaining the class's purpose.

SCAM RED FLAGS AND AVOIDING FRAUD

Monday, March 4
2:00 p.m.
In-Person Class

Todd County Extension Service
240 Pond River Road
Elkton, KY
270-265-5659

The class will also be taught on Zoom on Tuesday, March 5, at 10:00 a.m. and 5:00 p.m. Contact the Todd County Extension Office at 270-265-5659 for the link.

Protect yourself from scams.

Keep your money in your own wallet and out of the hands of scammers. Join the Todd County Extension Service for this class to learn how to recognize con artist tactics and red flag promises, which can help keep you safe from fraud. The class is free and open to anyone who would like to attend. Call us at 270-265-5659 for more information.

If you miss the in-person class, it will also be presented by Zoom on **Tuesday, March 5 at 10:00 a.m. and 5:00 p.m.** (request the link from us if you want to watch it on Tuesday).

Savor the Flavor: Seasoning with Spices will be taught on **Tuesday, March 26, 10:00 a.m.** at the Todd County Extension Office. We will have spice identification activity and taste testing a recipe made with different spices. A 5:00 p.m. Zoom only will also be offered; contact us for the link.

Let's Play Pickleball will be taught on **April 30, 10:00 a.m.** More information to follow.

Health Literacy for the Win will be mailed to everyone with the June newsletter.

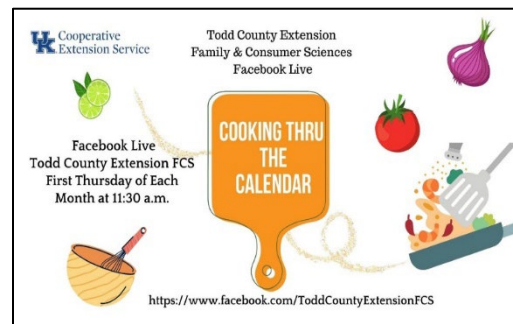
Classes for 2024-25 will be available in May.

Cooking Thru the Calendar

Join me for "Cooking Thru the Calendar" Facebook live demonstrations on the first Thursday of each month at 11:30 a.m. I, along with a guest, will be demonstrating how to make the recipe of the month and sharing tips for healthy eating. The next one is **Thursday, March 7, 2024 at 11:30 a.m.**, on the Todd Co. Extension Family & Consumer Sciences Facebook page <https://www.facebook.com/ToddCountyExtensionFCS>. Other upcoming dates are **Thursday, April 4**, with Jill Collins from PADD Aging Services; and **Thursday, May 2**, with Tiffany Groves, with the Todd County Chamber of Commerce.

If you miss the live demonstration, you can watch the recording on the Todd County Extension Family & Consumer Sciences Facebook Page.

Recipe calendars are available at the Todd County Extension Office, 240 Pond River Road, Elkton, KY.



The poster features a central orange banner with the text "COOKING THRU THE CALENDAR". Surrounding the banner are various food items and kitchen tools: a green lime, a red tomato, a purple onion, a whisk in a bowl, and a spatula with a plate of food. The text on the poster includes "Facebook Live Todd County Extension FCS First Thursday of Each Month at 11:30 a.m." and "Todd County Extension Family & Consumer Sciences Facebook Live". The URL <https://www.facebook.com/ToddCountyExtensionFCS> is at the bottom.

Cooperative Extension Service

Todd County Extension Family & Consumer Sciences Facebook Live

Facebook Live Todd County Extension FCS First Thursday of Each Month at 11:30 a.m.

COOKING THRU THE CALENDAR

<https://www.facebook.com/ToddCountyExtensionFCS>

Area Cultural Arts & Area Homemaker Seminar

The Pennyryle Area Homemaker Cultural Arts Contest will be held in conjunction with the Area Seminar on **Friday, March 8** at the Christian County Extension Office and Expo Center. Cultural Arts entries will be taken at the Expo Center from **9:00 to 9:30 a.m.** Viewing will be approximately **12:30**, and check-out about **2:00**, depending on when the seminar ends. Registration has closed for the seminar but if you have cultural arts items, please contact the Extension Office for information on pre-registering the items. The categories were listed in the February newsletter or are available by contacting the Todd County Extension Office at 270-265-5659.



Cooperative Extension Service

READY SET BAKE: BISCUITS
MARCH 21, 2024
 10:30 AM OR 5:30 PM
 Todd County Extension Office
 240 Pond River Road, Elkton, KY

YOU WILL LEARN:
 How to measure ingredients
 About different types of flours
 Basics of leavening agents
 How to knead and cut dough

\$5.00 registration fee for supplies
 Each class limited to 12 people
 Adults only
 Pre-registration & payment required by March 7.

To register, call the Todd County Extension Office at 270-265-5659 or email jill.harris@uky.edu.

Ready, Set, Bake: Biscuits

Learn how to measure ingredients, about different types of flour, the basics of leavening agents, and techniques for kneading and cutting dough in this hands-on biscuit-making class on Thursday, **March 21, at 10:30 a.m. or 5:30 p.m.** There is a \$5.00 fee per person. To register and/or pre-pay, contact the Todd County Extension Office at 270-265-5659. Registration deadline is **March 7**.

Food Preservation Classes

I will be offering food preservation classes starting soon. During each class, we will cover the Basics of Canning and have a hands on canning lesson. Each class has a \$5.00 fee per person. To pre-register, contact the Todd County Extension Office at 270-265-5659.

- April 25-** Jams
- May 16** – Pickles
- June 13** – Vegetables
- July 16** – Salsa

Cooperative Extension Service

FOOD PRESERVATION Workshops

Learn basics of boiling water and pressure canning.

April 25 – Jams
May 16 – Pickles
June 13 – Vegetables
July 16 – Salsa

5:00 p.m.
 Todd County Extension Office
 240 Pond River Road, Elkton
 \$5.00 per class
 Pre-register by contacting the Extension Office at 270-265-5659
 Limit 20 Adults Per Class

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 race, color, sex, age, and ability. This program is provided on the basis of race, color, ethnic origin, national origin, sex, creed, religion, and social belief. No person shall be denied admission to any educational program, facility, or activity on the basis of race, color, ethnic origin, national origin, sex, creed, religion, and social belief. No person shall be denied admission to any educational program, facility, or activity on the basis of race, color, ethnic origin, national origin, sex, creed, religion, and social belief. No person shall be denied admission to any educational program, facility, or activity on the basis of race, color, ethnic origin, national origin, sex, creed, religion, and social belief. No person shall be denied admission to any educational program, facility, or activity on the basis of race, color, ethnic origin, national origin, sex, creed, religion, and social belief.