



Cooperative Extension Service

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May 2023

Todd County Extension

Family & Consumer Sciences

Newsletter

Bamboo Fabrics: Really Rayon?

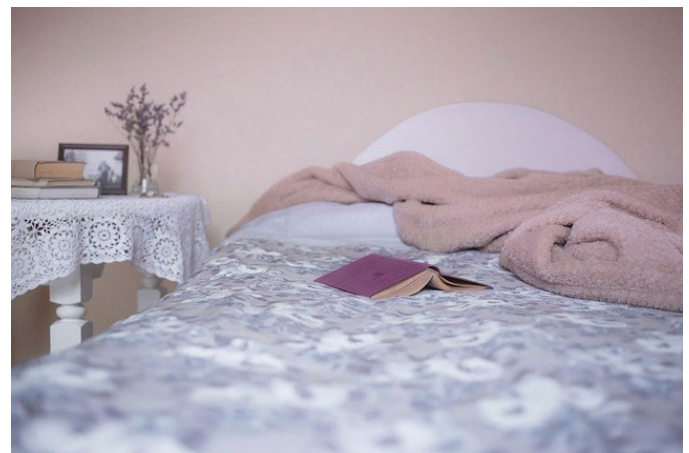
In an effort to be environmentally aware, some people buy textile (fabric) products made with “sustainable bamboo.” Bamboo plants grow quickly with limited negative impact on the environment. The stalks can be naturally processed into rough fibers that create fabric with a stiff feel. The fabric is similar to linen. However, to turn bamboo into smooth fibers that feel soft and silky is different. That manufacturing process is not always environmentally friendly. Bamboo pulp is often chemically converted into *rayon* fibers. It's these fabrics made with *rayon* fibers that feel cool to the touch and keep us comfortable.

Bed sheets and pajamas marketed as “cooling” or “temperature regulating” are sometimes marketed as “bamboo.” But look closer at the fiber content on the care labels, and you'll see the fiber content is actually rayon (or viscose). This is not bad, but consumers should know that rayon and pure bamboo are not the same thing. Bamboo is known for its natural, anti-bacterial properties. Rayon (made from bamboo) does not have these properties. When products boast positive bamboo-related claims, this can be misleading if the item is really made with “rayon from bamboo” or “bamboo viscose.”

The Federal Trade Commission does its best to regulate products making false claims about the use of “bamboo fabric.” That's because once bamboo is processed into rayon fibers, there is not much of the original plant left. Textile products made with rayon do have benefits and can be comfortable. However, they are not necessarily the same as pure bamboo. As a consumer, remember to be mindful of labels and advertising.

References

- <https://consumer.ftc.gov/articles/bamboo-fabrics>
 Brynes, K. (2013). What's new with bamboo? University of Kentucky Cooperative Extension publication, HHF-AP.035.
 Hardin, I.R. et al. (Oct 2009). An assessment of the validity of claims for “bamboo” fibers. *AATCC Review*, 9(10), pp 33–36.
Source: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment



A Watch and a Warning: What is the Difference?

Springtime in Kentucky is a beautiful time of year with days warming, cool evenings, the trees and flowers starting to bloom, and the bluegrass of the Commonwealth turning green.

Springtime is also a time of year when severe weather can be a real threat. Additionally, with climate change, weather patterns have become even more unpredictable. How can someone prepare for what severe weather in Kentucky can bring?



“When a dangerous weather event is forecast or occurs, the National Weather Service (NWS) may issue different types of alerts in your area. Learn more at <https://www.weather.gov/>. Generally, you can receive three types of emergency alerts: advisory, watch, or warning.

- A weather **advisory** lets you know that a nonlife-threatening hazard is expected nearby.
- A weather **watch**, such as a tornado watch, recommends that you get prepared. A hazard in your area may occur.
- A weather **warning**, such as a thunderstorm warning, informs you a hazard is already occurring or will likely occur soon. These hazards are expected to have serious impacts. During a weather warning, you should act as local authorities and disaster alerts advise to keep yourself and those around you safe.

The Federal Emergency Management Agency (FEMA) notes not every hazard or disaster has each level of alert - some hazards may arise too quickly to provide an advisory or watch. For more information on the emergency alerts you may receive, visit <https://www.ready.gov/alerts>.”

By educating yourself regarding emergency terminology and staying informed about weather conditions, you could save your life and those around you.

References

<https://spectrumnews1.com/ky/louisville/weather/2022/04/11/spring-brings-tornadoes--but-which-month-sees-the-most-#:~:text=Tornadoes%20become%20more%20common%20in,%2C%20Oklahoma%2C%20Mississippi%20and%20Alabama>

Source: Hardin Stevens, senior Extension associate, University of Kentucky, College of Agriculture, Food and Environment, January 2023

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We have moved into our new building, 240 Pond River Road, Elkton. We have lots of unpacking and organizing to do, but we are open for business, Monday through Friday, 8:00 a.m. to Noon, 1:00 p.m. to 4:30 p.m.

Sincerely,

Jill B. Harris

Jill Harris

Extension Agent for
Family & Consumer Sciences


Spring Harvest Salad

<p>5 cups torn spring leaf lettuce</p> <p>2½ cups spinach leaves</p> <p>1½ cups sliced strawberries</p> <p>1 cup fresh blueberries</p> <p>½ cup thinly sliced green onions</p>	<p>Dressing:</p> <p>4 teaspoons lemon juice</p> <p>2½ tablespoons olive oil</p> <p>1 tablespoon balsamic vinegar</p> <p>1½ teaspoons Dijon mustard</p>	<p>2 teaspoons Kentucky honey</p> <p>½ teaspoon salt</p> <p>¼ cup feta cheese crumbles</p> <p>½ cup unsalted sliced almonds</p>
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- 1. Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
- 2. Prepare** dressing by whisking together the lemon juice, olive oil,
- 3. Sprinkle** salad with feta cheese and sliced almonds.
- 4. Serve** immediately.

Yield: 8, 1 cup servings.
Nutrition Analysis: 130 calories, 9g fat, 1.5g sat fat, 240mg sodium, 12g carbohydrates, 3g fiber, 7g sugar, 3g protein.

Plate it up!



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Upcoming Classes & Activities

May Leader Training – Cook Wild

Cook wild Kentucky will be taught in-person on **Wednesday, May 3, 2:00 p.m.** at the **Christian County Extension Office**. If you would like to watch by Zoom, it will be taught on **Thursday, May 4 (note date change), at 10:00 a.m.** Contact us for the link.

June Leader Training – Entertaining Little Ones

Keeping little ones entertained can be rather difficult at times. Learn three simple steps used to identify activities children enjoy. This class will be taught at the Todd County Extension Office on **Friday, June 2, 10:00 a.m.** at the Todd County Extension Office. It will also be offered on Zoom on **Tuesday, May 30, 10:00 a.m.** (contact the Todd Co. Extension Office for the Zoom link) If you are planning to attend the in-person lesson RSVP to the Todd Co. Extension Office.

Get the Scoop

Todd County Homemakers Council invites you to “Get the Scoop,” a come-and-go Ice Cream Social/Shower for the new Extension Office on **Thursday, June 8, 5:00 p.m. to 7:00 p.m.** The Council is providing ice cream, toppings, and cookies. If you wish to attend, please RSVP at your May homemaker club meeting or by calling the Extension Office at 270-265-5659 by **June 1**.

Several people have asked us to create a wish list of items for the new office. Recently, I shared that by email, or you can call and request it. Gifts are not necessary to attend this event.

KEHA Volunteer Hours

If you have been keeping up with your volunteer hours, please turn them in to your Homemaker Club President or the Extension Office by **June 30**.

Perfect Attendance

If you had perfect attendance, please let your Homemaker Club Secretary know how many years, including the Covid years.

Leader Trainings for 2023-24

Leader Trainings for 2023-24 are listed below. They are hybrid classes—partially taught on Zoom by an agent and partially in-person by another agent. A Zoom only option will be taught at 5:00 PM.

The topics are:

September - *Recognizing and Coping with Trauma After a Natural Disaster* (Tiffany Bolinger) August 31, 10:00 AM (in person) or 5:00 PM Zoom

October - *Understanding Why And How You Learn* (Amanda Dame) September 26, 10:00 AM (in-person) or 5:00 PM Zoom

November - *Healthy Eating Around the World* (Rebecca Woodall) November 1, 10:00 AM (in-person) or 5:00 PM Zoom

January - *Carbon Monoxide* (Mailout only)

February - *Time Well Spent: Organizing Tips for Increased Productivity* (Joni Phelps) January 25, 10:00 AM (in-person) or 5:00 PM Zoom

March - *Scam Red Flags and Avoiding Fraud* (Jill Harris) March 5, 10:00 AM (in-person) or 5:00 PM Zoom

April - *Savor the Flavor: Seasoning with Spices* (Angie York) March 26, 10:00 AM (in-person) or 5:00 PM Zoom

May – *Let's Play Pickleball* (Ashley Board) April 30, 10:00 AM (in-person) or 5:00 PM on Zoom

June – *Health Literacy for the Win!* (Mailout only)

TODD COUNTY HOMEMAKERS INVITE YOU TO

Get the Scoop

JUNE 8, 5:00 TO 7:00 PM

TODD COUNTY EXTENSION OFFICE

240 POND RIVER ROAD

ELKTON, KY

A come-and-go shower for the new Extension Office.



Make Reservations at your May Homemaker meeting or by calling the Extension Office, 270-265-5659, by June 1, 2023. A wish list is available upon request.