

# Family & Consumer Sciences

## NEWSLETTER

June 2024

*Life with Liz*

Hello nature enthusiasts!

June is here, and with it comes the perfect opportunity to celebrate the beauty and wonder of the great outdoors. That's right — it's National Great Outdoors Month! This month-long celebration encourages us to reconnect with nature, explore the breathtaking landscapes around us, and embrace the countless benefits of outdoor recreation.

Here are some ways you can make the most of National Great Outdoors Month:

- **Hit the Trails:** Lace up your hiking boots and embark on an adventure along your favorite hiking trails. Our Boone County Environmental and Nature Center is open to the public for Hike the Trails every Wednesday May-October from 10 am – 2pm.
- **Bike Rides:** Dust off your bicycle and pedal your way through nature's playground.
- **Camping Under the Stars:** Escape the hustle and bustle of everyday life by spending a night under the stars. Whether you prefer pitching a tent in a secluded campground, roughing it in the backcountry, or in the comfort of a camper, camping offers a chance to disconnect from technology and reconnect with nature.
- **Fishing Adventures:** Cast your line and reel in the big one while enjoying the tranquility of a quiet fishing spot.
- **Capture the Moment:** Don't forget to bring your camera or smartphone to capture the breathtaking landscapes, wildlife encounters, and cherished memories you'll create during your outdoor adventures. Share your photos with us using #GreatOutdoorsMonth — we'd love to see how you're celebrating!

This National Great Outdoors Month, let's seize the opportunity to immerse ourselves in the beauty of nature, rejuvenate our spirits, and create lasting memories with friends and family. Because as they say, nature is good for the soul.

Happy adventuring!

~ Liz Evans, Boone County FCS Agent





**ADULT**

# HEALTH BULLETIN



**JUNE 2024**

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

Boone County  
Extension Office  
6028 Camp Ersnt Road  
Burlington, KY  
41005

## THIS MONTH'S TOPIC

# STEP INTO NATURE, SUMMER EDITION



**A**s the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

Continued on the next page





***When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.***

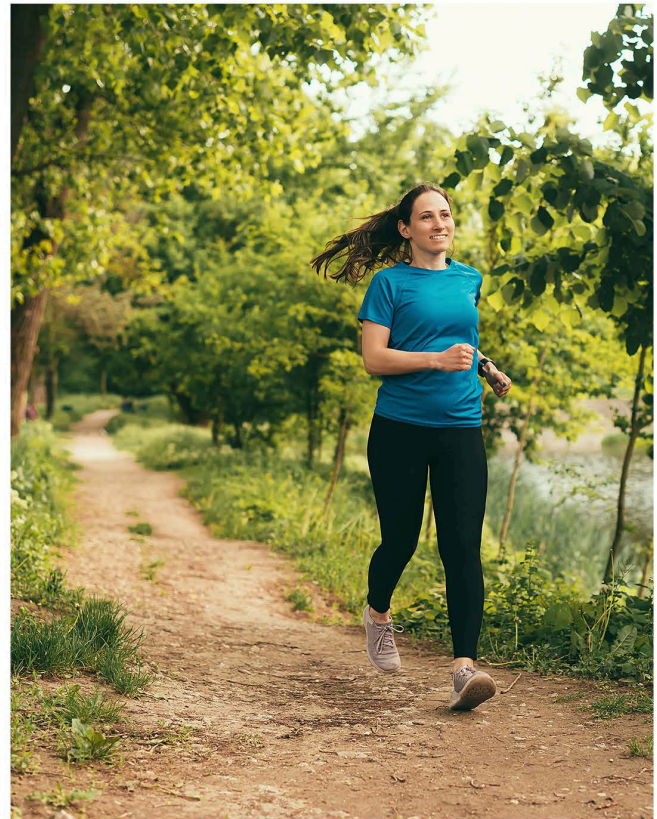
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There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

**REFERENCE:**

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

**ADULT  
HEALTH BULLETIN**

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Adobe Stock



# RECIPE OF THE MONTH!

## Farmers' Market Strawberry Sorbet

### Ingredients:

- 1 pound fresh strawberries
- 1/4 cup honey



### Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash, hull, and halve the strawberries. Place them on a parchment paper-lined baking sheet and freeze until hardened.
3. Add the frozen strawberries and honey to a blender or food processor and process until evenly mixed.
4. Transfer to a loaf pan and freeze until firm

Servings:4 | Serving Size:1/2 cup | Recipe Cost: \$3.10 | Cost per Serving:\$0.78

### Tips

- You can substitute orange juice for honey. The product will be harder.
- You can substitute store-bought frozen strawberries for fresh, and skip step 2.
- You can substitute other frozen fruit for strawberries. You might need to allow frozen fruit to soften slightly before blending.

100 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 26g total carbohydrate; 2g dietary fiber; 23g total sugars; 0g added sugar; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium.

Source: 2022 KYNEP Food and Nutrition Calendar : Jackie Walters, Extension Specialist Senior, University of Kentucky Cooperative Extension Service



# MONTHLY SPOTLIGHT

Exciting News! Mark your calendars and get ready for a week of fun, learning, and community spirit at the Boone County 4-H & Utopia Fair! From June 24th to June 29th, 2024, we're bringing together the best of Boone County's agricultural heritage and modern entertainment for an unforgettable experience.

Here's what you can expect:

- **Livestock Shows:** Witness the hard work and dedication of our young farmers as they showcase their prized livestock in various competitions throughout the week. From cattle to sheep, rabbits to poultry, there's something for everyone to admire.
- **Exhibits:** Explore the skills of Boone County's citizens through our numerous exhibits. From flowers, foods, crops, and honey to quilting, photography, and hobbies there is a category for everyone! Check out [boonecountyfair.org](http://boonecountyfair.org) for exhibit information.
- **Rides and Games:** Thrill-seekers, rejoice! The fair offers a plethora of exhilarating rides and classic carnival games for all ages.
- **Live Entertainment:** Sit back, relax, and enjoy live music performances from talented local artists.
- **Delicious Fair Food:** Indulge in all your favorite fair treats, from mouthwatering corn dogs to sugary funnel cakes. With a variety of vendors offering savory and sweet delights, you'll satisfy every craving.
- **4-H Competitions and Activities:** Support the next generation of leaders and innovators as they showcase their projects and talents in 4-H competitions and activities.

Don't miss out on this beloved Boone County tradition at its new dates for a week of wholesome fun and cherished memories for the whole family.



## UPCOMING EVENTS

<p>JUNE <b>20</b> 6 - 8:30PM</p>	<p><b>FOOD PRESERVATION THROUGH FREEZING or DEHYDRATING (adults)</b> Boone County Enrichment Center-Upper Level 1824 Patrick Drive, Burlington, KY 41005</p>
<p>JUNE <b>21</b> 9:30AM - 12PM</p>	<p><b>FOOD PRESERVATION THROUGH FREEZING or DEHYDRATING (adults)</b> Boone County Enrichment Center-Upper Level 1824 Patrick Drive, Burlington, KY 41005</p>
<p>JUNE <b>24 - 29</b></p>	<p><b>Boone County Fair</b> Boone County Fairgrounds 5819 Idlewild Road, Burlington, KY 41005</p>
<p>JULY <b>18</b> 8AM - 4:30PM</p>	<p><b>Stitch &amp; Lounge</b> <b>Beginner sewing class for ages 18+</b> Boone County Enrichment Center-Upper Level 1824 Patrick Drive, Burlington, KY 41005</p>
<p>JULY <b>19</b> 9AM - 12PM</p>	<p><b>Planner Hours</b> Boone County Cooperative Extension Office 6028 Camp Ernst Road, Burlington, KY 41005</p>
<p>JULY <b>23-25</b> 10AM - 12PM</p>	<p><b>Laugh &amp; Learn Summer Camp</b> Boone County Enrichment Center-Lower Level 1824 Patrick Drive, Burlington, KY 41005</p>

Register at [boone.ca.uky.edu](http://boone.ca.uky.edu) or 859.586.6101



# LIFE THROUGH THE LENS OF FCS



Save Fido! Pet First Aid and CPR  
May 14, 2024



Friday Food Fun: Creating with Choux  
May 3, 2024



Candle Making with a Nature Twist  
April 23, 2024



Electric Vehicles: The Good, the Bad, the Myths, and the Truths  
April 25, 2024



Planner Hours  
April 19, 2024



Food as Health : Diabetes  
May 6, 2024



**UK** Cooperative  
Extension Service  
*Boone County*

**Family and  
Consumer Sciences**

**Boone County Cooperative Extension Service  
P.O. Box 876  
6028 Camp Ernst Rd. Burlington, KY 41005**

**For more information or if you have questions, please reach out--I'm here to help!**

*Elizabeth Evans*

**Elizabeth Evans**

**Boone County Extension Agent for Family & Consumer Sciences**

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 [www.boone.ca.uky.edu](http://www.boone.ca.uky.edu)  **Boone County Family & Consumer Sciences**



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Extension Service**

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**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Lexington, KY 40506



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