



Cooperative Extension Service
Lee County
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A monthly newsletter on Extension Service programs and events.

Extension News —

Agriculture - Family & Consumer Sciences - 4-H Youth Development



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- *Lee County 4-H'ers Go Camping; Share the Benefits of the Great Outdoors With Youth*
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**Free Cooking Camp -
July 18, 2024
Youth Ages 9-12 Years**

**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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"4-H Camp 2024"!!!



Lee County 4-H'ers go Camping . . .



The 2024 4-H camp was a big hit with the youth of Lee and surrounding counties. This year, Lee County was in a camping group with Wolfe, Owsley, Breathitt, Jackson and Knott counties. Students from these counties traveled by bus to J. M. Feltner Memorial 4-H Camp in London, KY. Over the next few days, campers enjoyed the opportunity to make new friends, choose amazing activities, learn important skills and have lots of fun!

Upon arrival, each camper had the opportunity to select the four activities that most interested them. Available activities included swimming, fishing, archery, canoeing, riflery, high ropes, and e-sports among others. Each day, the campers would rotate through their schedule of chosen activities. Every camper also had the chance to go swimming each day if they chose. In between their four daily activities, campers enjoyed 3 meals a day at the cafeteria, supervised free play on the playground or did some shopping at the camp store.

It wasn't all fun and games though as campers were responsible for keeping their cabins clean throughout their stay. Also, after each meal, a different cabin would be responsible for KP duty. They would help make sure the dishes and dining areas were clean and in order so the camp staff wouldn't get overwhelmed. At the end of the week, all the campers helped in making sure the campgrounds were clean before we left. The campers did a great job pitching in and making sure we didn't leave a mess behind.

The 2024 4-H Camp was a huge success with Lee County having 34 campers: our 3rd highest total ever. I'd like to thank Kevin Pettigrew, the Camp Director and all the camp staff for providing a safe and fun-filled week of camp. I also want to thank our teen counselors and adult volunteers. Without their help, we couldn't have taken as many campers as we did. Another thank you goes to Paige Ramey, the Family Resource & Youth Service Center Coordinator at Lee County Elementary School. Paige provided camp scholarships to the members of our Afterschool 4-H Club. A final thank you goes to the people of Lee County who support Lee County Extension and our 4-H program. With your help, we can continue to grow our program and provide positive developmental experiences to the youth of Lee County.

Eric Collins
Lee County 4-H Youth Development Agent



For additional information about upcoming 4-H programs for your 4-H'ers contact the Eric at the Lee County Extension Service at (606) 464-2759!!

Family and Consumer Science Announcements


LAUGH & LEARN

DATE: AUGUST 15TH
TIME: 3:30PM
FOR: AGES 5 & UNDER
LOCATION:
LEE EXTENSION OFFICE

Upcoming Dates

- *Photography Lesson: 8-1-24 @ 10
- *Homemaker Council: 8-1-24 @ 11
- *Laugh & Learn: @3:30 PM
8-15-24
- *FCS Council Mting: @11AM 8-16-24
- *Passport Challenge: 8-20-24 @5PM
- *Survive & Thrive: 8-22-24 @10AM
- *Diabetes Support Group: 8-27-24
@6 PM



 Cooperative
Extension Service

Survive & Thrive Disaster Preparedness Series

Join us at ONE of the listed locations for the first lesson in this three-part series!

August Topic: *Preparing Your Family and Home for Disasters - Fall Edition*

CALL YOUR LOCAL EXTENSION OFFICE TO REGISTER!

LETCHER COUNTY
AUGUST 19 @ 10:00 AM

LEE COUNTY
AUGUST 22 @ 10:00 AM

PERRY COUNTY
AUGUST 23 @ 10:00 AM

BE SURE TO CHECK
OUT OUR FACEBOOK
PAGE AND GIVE US A
"LIKE" SO YOU CAN
BE UPDATED ON
CURRENT
PROGRAMS.



View this link for the Food Preservation Publications at —
<http://fcs-hes.ca.uky.edu/publications-list/22>



Homemaker HAPPENINGS

**Homemaker
Council Meeting
8/1/24 @ 11**

Reminder!!!!

Log those volunteer hours!



Passport Challenge

We will be starting a new Passport Challenge. Join us on **August 20th at 5 PM**. Log all locations, events, and more in your travel booklet.
Lets explore KY!!



Photography Lesson



**August 1st, 2024
Time: 10 A.M.**

SURE-JELL

PREMIUM FRUIT PECTIN

Recipes
and
Instructions



Tips for Successful Jams & Jellies

- Use firm ripe fruit for best flavor and results. Buy new jar lids for tight-fitting seals.
- Always thoroughly wash and sanitize jars before use.
- Use only the SURE-JELL Pectin product specified in recipe to ensure a proper set. Pectin products are not interchangeable.
- DO NOT REDUCE THE SUGAR IN RECIPE SINCE THAT WILL RESULT IN SET FAILURES.**
- We recommend using Domino® or C&H® Pure Cane Sugar.



Quick & Easy Freezer Jam & Jelly Directions

Freezer jams and jellies have softer sets than cooked jams or jellies, but they can be prepared in about half the time.

- Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into large bowl. Stir in lemon juice if listed in recipe.
- Measure EXACT amount of sugar; add to fruit. Let stand 10 min.; stirring occasionally. (DO NOT REDUCE THE SUGAR OR USE SUGAR SUBSTITUTE SINCE THIS WILL RESULT IN SET FAILURES.)
- Stir 1 pkg. SURE-JELL Premium Fruit Pectin and 3/4 cup water in small saucepan. (Pectin may start out lumpy.) Bring to boil on high heat, stirring constantly. Boil 1 min., stirring constantly. Remove from heat.
- Add pectin mixture to fruit or juice mixture; stir 3 min. or until sugar is completely dissolved and no longer grainy. (A few sugar crystals may remain.)
- Fill all containers immediately, leaving 1/2 inch space at tops for expansion during freezing; cover with lids.
- Let stand at room temperature 24 hours or until set. Refrigerate up to 3 weeks. Or, freeze up to 1 year. If frozen, thaw in refrigerator before using.



SUPPLIES NEEDED:
Dry measuring cup,
liquid measuring cup,
2 large bowls,
large saucepan,
ladle, jars, lids
and seals.

Quick and Easy Freezer Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
Apricot 1-3/4 lb. apricots 1 lemon	Finely chop unpeeled apricots.	2-1/2 cups finely chopped apricots 2 Tbsp. fresh lemon juice 5-1/2 cups sugar	7 cups
Blackberry 6 cups blackberries	Crush blackberries. If desired, press half the crushed fruit through sieve to remove seeds.	3 cups crushed blackberries 5-1/4 cups sugar	7 cups
Blueberry 5 cups blueberries	Remove and discard blueberry stems. Finely chop or mash blueberries.	3 cups chopped blueberries 5-1/4 cups sugar	7 cups
Cherry (sour) 1-1/2 lb. sour cherries	Discard cherry stems. Pit and finely chop cherries.	2 cups finely chopped cherries 4 cups sugar	5 cups
Peach 2 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	3 cups finely chopped peaches 2 Tbsp. fresh lemon juice 4-1/2 cups sugar	6 cups
Peach-Vanilla Bean 2 lb. peaches 1 lemon	Peel, pit and finely chop peaches.	Follow Peach instructions. 1 Tbsp. vanilla bean paste	6 cups
Mango 4 mangos 2 lemons	Mash peeled mangos.	3 cups mashed mangos 1/4 cup fresh lemon juice 5 cups sugar	6 cups
Red Raspberry 6 cups red raspberries	Crush raspberries. If desired, press half the crushed fruit through sieve to remove seeds.	3 cups crushed raspberries 5-1/4 cups sugar	7 cups
Raspberry-Peach 3 cups raspberries 1-1/4 lb. peaches	Crush raspberries. If desired, press half the crushed fruit through sieve to remove seeds. Peel, pit and finely chop peaches.	2 cups crushed raspberries 1-1/2 cups finely chopped peaches 7 cups sugar	7 cups
Strawberry 4 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	2 cups crushed strawberries 4 cups sugar	5 cups
Strawberry-Blueberry 3 cups strawberries 2 cups blueberries	Remove and discard strawberry stems. Crush all berries.	1-1/2 cups crushed strawberries 1 cups crushed blueberries 4-1/2 cups sugar	6 cups

Quick and Easy Freezer Jelly Recipes

Jelly	Ingredients	Makes (about)
Apple	3 cups bottled or refrigerated apple juice 2 Tbsp. fresh lemon juice 5 cups sugar	6 cups
Grape (May take 1 week to set)	3 cups bottled or refrigerated grape juice 5-1/4 cups sugar	7 cups
Grapefruit	2 cups fresh or refrigerated grapefruit juice 4-1/2 cups sugar	5 cups
Hot Pepper (May take 1 week to set)	Protect hands with rubber gloves while preparing peppers. 2/3 cup whole pickled jalapeño peppers, drained, seeded and finely chopped (Buy 1 jar [10-1/4 oz.] peppers.) 2-1/2 cups bottled apple juice 1/4 cup apple cider vinegar 1 to 2 drops green food coloring (add with the peppers and juice.) 5-1/2 cups sugar	7 cups

What to Do if Your Freezer Jam or Jelly Doesn't Set

- Prepare Containers:** Rinse clean plastic containers and lids with boiling water; dry thoroughly.
- Prepare Pectin Mixture:** Gradually add 1 pkg. SURE-JELL to 3/4 cup water in small saucepan, stirring constantly. Bring to boil on medium heat; boil 2 min., stirring constantly. Remove from heat.
- Trial Batch:** Measure 1 cup jam or jelly into small bowl. Add 2 Tbsp. sugar; stir 3 min. or until completely dissolved. Add 1 Tbsp. of the pectin mixture; stir an additional 3 min. Immediately pour into one of the prepared containers. Cover and let stand up to 24 hours before checking to see if set. Meanwhile, store remaining pectin mixture in refrigerator.
- Remainder of Batch:** If Trial Batch sets satisfactorily, prepare remaining jam or jelly, remaking no more than 8 cups of jam or jelly at one time and using same directions as for Trial Batch with the above-listed measures of sugar and pectin mixture for each 1 cup of jam or jelly. Pour into prepared containers. Discard any leftover pectin mixture.

ALTITUDE CHART
At altitudes above 1,000 feet,
increase processing time
as indicated



Cooked Jam Directions

Lids and jars must be sterilized. To sterilize the jars and lids, simmer them in boiling water for at least 10 minutes while your jam or jelly is cooking.

SUPPLIES NEEDED: Dry measuring cup, liquid measuring cup, large saucepan, ladle, 2 large bowls, jars, lids and ring seals, canning rack and canner.

1 Use dry measuring cup to measure exact amount of prepared fruit, or use liquid measuring cup to measure exact amount of prepared juice, into large saucepan. Stir in lemon juice and water if listed in recipe.

2 Measure exact amount of sugar into separate bowl. (DO NOT REDUCE THE SUGAR IN RECIPE SINCE THAT WILL RESULT IN SET FAILURES.)

3 Stir 1 pkg. SURE-JELL Premium Fruit Pectin into prepared fruit or juice in saucepan. Add 1/2 tsp. butter or margarine to reduce foaming, if desired.

4 Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly.

5 Add sugar to fruit mixture in saucepan. Return to full rolling boil; boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.

6 Ladle immediately into prepared jars, filling each to within 1/4 inch of top. Wipe jar rims and threads. Cover with two-piece lids. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if needed.) Cover; bring water to gentle boil. Process jellies 5 min. or process jams 10 min., adjusting processing time if necessary as directed in Altitude Chart. Remove jars and place upright on a towel to cool completely. After jars cool, check seals by pressing centers of lids with finger. If lid springs back, lid is not sealed and refrigeration is necessary.

Let prepared jars stand at room temperature 24 hours (or for length of time indicated on recipe). Store unopened jams and jellies in cool, dry, dark place up to 1 year. Refrigerate opened jams and jellies up to 3 weeks.

Cooked Jelly Directions

1 Prepare lids and jars as directed under Cooked Jam Directions.

2 Prepare fruit as directed in the following chart.

3 Place 3 layers of damp cheesecloth or jelly bag in large bowl. Pour prepared fruit into cheesecloth. Tie cheesecloth closed; hang and let drip into bowl until dripping stops. Press gently.

4 Measure exact amount of prepared juice into 6- or 8-qt. stockpot. (If necessary, add up to 1/2 cup water to get exact measure.) Stir in lemon juice and water (if required) as indicated in chart. Proceed with Step 2 of Cooked Jam Directions.

Cooked Jelly Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit to Make Juice	Ingredients	Makes (about)
Apple or Crabapple 5 lb. apples	Remove and discard stem and blossom ends from apples. Do not core or peel apples. Cut apples into small pieces; place in large saucepan. Add 5 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min. Crush cooked fruit; simmer, covered 5 min., stirring occasionally.	7 cups prepared juice 8 cups sugar	10 cups
Black Raspberry 10 cups black raspberries	Crush berries.	4-1/2 cups crushed black raspberries 6-1/2 cups sugar	7 cups
Boysenberry or Dewberry 10 cups berries	Crush berries.	3-3/4 cups prepared juice 4-1/2 cups sugar	5 cups
Cherry (sour) 3-1/2 lb. sour cherries	Discard cherry stems. Pit, then finely chop cherries; place in large saucepan. Add 1/2 cup water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min., stirring occasionally.	3-1/2 cups prepared juice 4 cups sugar	5 cups
Currant 20 cups currants (about 7 lb.)	Remove and discard currant stems; place fruit in large saucepan. Add 1-1/2 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 min., stirring occasionally.	6-1/2 cups prepared juice 7 cups sugar	9 cups
Grape (Concord) 3-1/2 lb. Concord grapes	Remove and discard grape stems. Crush grapes; place in large saucepan. Add 1-1/2 cups water; stir. Bring to boil; simmer on medium-low heat 10 min.	5 cups prepared juice 7 cups sugar	8 cups
Mint 2 cups tightly packed fresh mint leaves	Chop mint leaves finely; place in large saucepan. Add 4-1/2 cups water; stir. Bring to boil; cover. Remove from heat; let stand 10 min. Stir in 2 drops green food coloring.	4 cups prepared mint infusion 5 cups sugar	6 cups
Plum 5 lb. plums	Remove and discard plum pits. Finely chop fruit; place in large saucepan. Add 1-1/2 cups water; stir. Bring to boil; cover. Simmer on medium-low heat 10 minutes; stirring often.	5-1/2 cups prepared juice 6-1/2 cups sugar	9 cups
Red Raspberry, or Loganberry 10 cups berries	Crush berries.	4 cups prepared juice 5-1/2 cups sugar	6 cups
Strawberry 12 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	3-3/4 cups prepared juice 4-1/2 cups sugar	6 cups

Cooked Jam Recipes

Fruit to Buy (fully ripe)	How to Prepare Fruit	Ingredients	Makes (about)
Apricot 3-1/2 lb. apricots 2 lemons (May take up to 2 weeks to set.)	Finely chop (unpeeled) apricots.	5 cups finely chopped apricots 1/4 cup fresh lemon juice 7 cups sugar	9 cups
Blackberry, Boysenberry, Dewberry, Loganberry, Red Raspberry or Youngberry 8 cups berries	Crush berries. If desired, press half the crushed fruit through sieve to remove seeds.	5 cups crushed berries 7 cups sugar	9 cups
Black Raspberry 8 cups black raspberries	Crush berries. If desired, press half the crushed fruit through sieve to remove seeds.	5 cups crushed black raspberries 6-1/2 cups sugar	8 cups
Blueberry 6 cups blueberries	Remove and discard blueberry stems. Finely chop or mash blueberries.	4 cups chopped blueberries 4 cups sugar	6 cups
Cherry (sour) 3 lb. sour cherries	Discard cherry stems. Pit and finely chop cherries.	4 cups finely chopped cherries 4-3/4 cups sugar	6 cups
Fig 3-1/4 lb. figs 2 lemons	Trim and discard stem ends from figs. Finely chop figs.	5 cups finely chopped figs 1/2 cup lemon juice 1/2 cup water 7 cups sugar	10 cups
Hot Pepper Relish 2 green bell peppers 2 red bell peppers 10 large jalapeño peppers	Remove and discard pepper stems. Cut peppers in half; remove seeds. Finely chop peppers. (Note: When working with hot peppers, wear rubber gloves.)	1-1/2 cups each finely chopped green and red bell peppers 1 cup finely chopped jalapeño peppers 1 cup cider vinegar 5 cups sugar	6 cups
Orange Marmalade 4 oranges 2 lemons (May take up to 2 weeks to set.)	Use vegetable peeler to remove colored parts of fruit peels. Finely chop removed peel; place in large saucepan. Add 2-1/2 cups water and 1/8 tsp. baking soda; stir. Bring to boil; cover. Simmer on medium-low heat 20 min., stirring occasionally. Remove and discard white part of peel from fruit, reserving juice. Chop fruit, reserving juice. Add to ingredients in saucepan; simmer 10 min., stirring occasionally.	4 cups cooked fruit 5-1/2 cups sugar	7 cups
Peach 3 lb. peaches 1 lemon	Pit, pit and finely chop peaches.	4 cups finely chopped peaches 2 Tbsp. fresh lemon juice 5-1/2 cups sugar	7 cups
Pear 3 lb. pears 1 lemon	Finely chop peeled pears.	4 cups finely chopped pears 2 Tbsp. fresh lemon juice 5 cups sugar	6 cups
Plum 4 lb. plums	Finely chop plums; place in large saucepan. Add 1/2 cup water; stir. Bring to boil; cover. Simmer on medium-low heat 5 min.	6 cups cooked plums 8 cups sugar	10 cups
Strawberry 8 cups strawberries	Remove and discard strawberry stems. Crush strawberries.	5 cups crushed strawberries 7 cups sugar	8 cups
Triple Berry 6 cups strawberries 3 cups raspberries 2 cups blackberries	Remove and discard strawberry stems. Crush all berries, using separate bowl for each type of berry.	2-1/2 cups crushed strawberries 1-1/2 cups crushed raspberries 1 cup crushed blackberries 7 cups sugar	8 cups

What to Do if Your Cooked Jam or Jelly Doesn't Set.

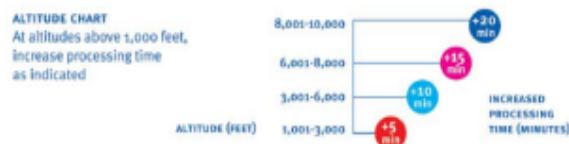
1 Prepare Jars as directed in Cooked Jam directions.

2 Prepare Pectin Mixture: Slowly stir contents of 1 pkg. SURE-JELL Premium Fruit Pectin into 3/4 cup cold water in small saucepan. Bring to boil on medium heat; boil 2 min., stirring constantly. Remove from heat.

3 Trial Batch: Measure 1 cup unset jam or jelly, 2 Tbsp. sugar and 1 Tbsp. Pectin Mixture (from step 2) into small saucepan. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Boil 30 sec., stirring constantly. Remove from heat. Skim off any foam. Pour jam or jelly into prepared jar; cover. Let stand 24 hours before checking set. Refrigerate remaining pectin mixture.

4 Remainder of Batch: Do not remake more than 8 cups of jam or jelly at one time.

If Trial Batch sets, follow the recipe above, using listed measures of sugar and Pectin Mixture for each 1 cup of jam or jelly. Measure jam or jelly into stockpot. Bring to full rolling boil; boil 30 sec., stirring constantly. Remove from heat. Skim off any foam with metal spoon. Ladle jam or jelly into prepared jars. Follow boiling water bath method to process jars. Discard any leftover pectin mixture.



View this link for the Kentucky Beef Book—

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID108/ID108.pdf>

Kentucky Tick Surveillance Project accepting submissions, advancing public health research and safety —

The Kentucky Tick Surveillance Project, housed in the University of Kentucky's Department of Entomology, offers a unique opportunity for the community to contribute to tickborne disease understanding — furthering public health research in the state.



The Kentucky Tick Surveillance Project directly contributes to the understanding of tickborne diseases. Photo by Getty Images / Risto.

The [Kentucky Tick Surveillance Project](#) is now accepting tick-testing submissions from Kentucky residents. This project, produced by the University of Kentucky [Martin-Gatton College of Agriculture, Food and Environment](#), aims to improve knowledge about where ticks are found and the diseases they might carry.

The results help further public health research at the state level and alleviate concerns for citizens worried about tickborne illnesses.

"The Kentucky Tick Surveillance Project directly contributes to our understanding of tickborne diseases and their distribution across the state," said Jonathan Larson, UK [Department of Entomology](#) assistant professor. "By the community participating, Kentuckians are not only aiding in crucial public health research but are also taking proactive steps toward safeguarding their own health and their neighbor's."

By Jordan Strickler

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