

Todd County Extension

Family & Consumer Sciences

Newsletter



Todd County Extension
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Elkton, KY 42220
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May, 2024

Oven Canning is Not Safe

Oven canning is the process of placing food in jars, applying lids, then heating in an oven for a period of time until “done.” When you remove the jars and allow them to cool, the lids seal, and it is supposedly safe for the jars to sit at room temperature. However, this is not true. Oven canning is not a safe way to preserve food. Just because you used canning jars and the jar sealed, it doesn’t mean the food was preserved and is safe to eat. Food that you can in an oven has not reached a safe internal temperature and you should not store it at room temperature or eat it.

The goal of canning is to destroy spoilage microorganisms and harmful bacteria that would otherwise be able to survive in the food at room temperature. It refers to heat treating closed containers of food for a set amount of time at a set temperature. The canning process uses moist heat to reach temperatures of 212 degrees F inside jars processed in a boiling water bath canner and 240 degrees F inside jars processed in a pressure canner.



Using dry heat from an oven will not achieve these temperatures inside jars of food. Food canned in an oven will be under processed and runs the risk of bacterial contamination. Low acid foods in particular may be contaminated with the botulinum toxin, which causes botulism, a deadly form of food poisoning.

It is also important to understand that canning jars are not designed for use in an oven. The dry heat can cause the glass to crack or shatter. Jars can explode in the oven causing personal injury and damage to the oven.

You should always use up-to-date, research-based canning recipes and processing procedures when canning food. Not all recipes on the internet or social media are research-based. You can find research-based recipes in the Cooperative Extension Service home canning publications, the Ball Blue Book Guide to Preserving, or the National Center for Home Food Preservation’s website <https://nchfp.uga.edu/>. Follow each recipe exactly as written. Do not make changes to ingredients or the processing instructions. Not following the recipe precisely may result in sickness or death.

For more information on safe food canning and research-based recipes, contact the Todd County Extension Office.



Preventing Polyester “Permastink” (Odors On Clothing)

Ever wonder why some of your athletic T-shirts or exercise clothes still have an odor even after you’ve washed them? It could be the fiber content! These types of active wear are normally made from synthetic (human-made) fibers such as polyester or nylon. And the same chemistry and engineering that provide these fibers with temperature-regulating and other comfort properties are also why some of these garments tend to hold on to odors.

CAUSES. Perspiration stinks, right? Well actually, the odor occurs when the ingredients in your sweat and skin cells mix with the bacteria and fungi on your skin. Don’t worry, this is normal. And then the stinky sweat transfers to your clothing. Clothing made with polyester or nylon fibers can be very good at wicking moisture. They pull sweat away from your skin’s surface, through the fabric where it then evaporates. This helps you feel cool and comfortable. But as the sweat dries, some of the odor-producing compounds and soils like to stick around within the polyester or nylon fibers. Cotton fibers, on the other hand, absorb water, which is why cotton clothes stay damp when we sweat. But they more easily release the odor-producing compounds when you wash them. **It takes a little extra work to remove the odor compounds embedded within the fibers of polyester or nylon clothing.** This can be extra challenging if we wash too many items together, especially in low-level, cool water.

TREATMENT. As with any clothing or textile item, read the attached care label for laundering instructions. The label may recommend using cool or cold water. However, detergents may more effectively remove dirt and odors in warmer water. In most cases, you’ll have better results removing sweat odors with a high-quality liquid laundry detergent. And there are even laundry products marketed for odor removal that may be worth trying. Regardless of which type of product you use, follow the directions. You may be tempted to use more detergent than recommended to remove the odors, but sometimes too much laundry detergent causes odors or makes them worse.

To remove those lingering sweat odors, try these tips:

- Soak the item in 4 parts cool water, 1 part

vinegar for 30 minutes. Rinse, then wash as usual with high-quality detergent.

- **OR** – pre-treat the area by rubbing a small amount of liquid detergent directly into the fabric. (Test in an inconspicuous area first to make sure direct contact with the detergent won’t damage the fabric color.) Let detergent sit for about 15 minutes, then wash as usual. Use a little less detergent in the wash load since some is already soaked into the item. Air dry item or tumble dry on low (or as directed).
- **Wash item inside out** so the smelly area comes in direct contact with the cleaning agents.
- Adding vinegar or baking soda in the wash can help, but do not use them at the same time as the laundry detergent because they will limit the effectiveness of the detergent.
- If using vinegar, add during the rinse cycle (instead of fabric softener) to help deodorize laundry.
- If using baking soda, add after about 10 minutes of washing (but BEFORE the rinse cycle).
- Avoid using fabric softener with active wear. It coats the fibers, trapping odors and limiting the performance capabilities.
- Air dry item or tumble dry on low (or as directed).

PREVENTION. Clothing with “anti-odor” or “anti-microbial” treatments are not a guarantee for an odor-free experience. Based on your personal hygiene habits, combined with how you sweat, it’s hard to avoid some odors on clothing made of polyester and nylon fibers. Even cotton clothing will have some odor if you sweat during wear. If you choose to wear polyester or nylon performance clothing, enjoy the comfort benefits, and then **launder anything that becomes sweaty and damp as soon as possible** (according to the care label). If you’re not able to wash sweaty items right away, let them air dry before putting them in the hamper. Last, but not least, don’t forget to clean your washer, too! Check your owner’s manual for tips on how to keep your washer clean.

References: Mukhtar Abdul-Bari, M., McQueen, R.H., Paulina de la Mata, A., Batcheller, J.C., & Harynuk, J.J. (2020). Retention and release of odorants in cotton and polyester fabrics following multiple soil/wash procedures. *Textile Research Journal*, 90(19-20), 2212-2222.

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

Upcoming Classes & activities

Homemaker Leader Trainings

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

Cooking Thru the Calendar

The next two Cooking thru the Calendars will be Thursday, **June 6, 11:30 a.m.** (with guest Lisa Lewis), and **Wednesday, July 3** (change due to holiday), 11:30 a.m. You can watch live or watch the recording at your convenience on Todd Co. Extension Family & Consumer Sciences Facebook page

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

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



Food Preservation Classes

During each class, we will cover the basics of boiling water or pressure canning and have a hands-on lesson. Each class has a \$5.00 fee per person. To pre-register, contact the Todd County Extension Office at 270-265-5659 (pre-register at least one week in advance, minimum of 5 people per class, max 20).

May 16, 5:00 PM. – Boiling Water Canning (Pickles)

June 18, 5:00 PM – Pressure Canning (Vegetables)

July 16, 5:00 PM – Boiling Water Canning (Salsa)

A flyer for 'FOOD PRESERVATION Workshops'. At the top left is the Cooperative Extension Service logo. At the top right is a red circle with a white 'C'. The title 'FOOD PRESERVATION' is in large red letters, with 'Workshops' in black below it. A red line underlines 'PRESERVATION'. Below the title is the text 'Learn basics of boiling water and pressure canning.' in red. A photo of several jars of pickles and salsa is shown. To the right of the photo is a list of classes: 'May 16 – Boiling Water Canning (Pickles)', 'June 18 – Pressure Canning (Vegetables)', and 'July 16 – Boiling Water Canning (Salsa)'. Below the list is the time '5:00 p.m.', the location 'Todd County Extension Office, 240 Pond River Road, Elkton', and the fee '\$5.00 per class'. At the bottom, it says 'Pre-register by contacting the Extension Office at 270-265-5659' and 'Limit 20 Adults Per Class. Minimum 5.' Below this is a photo of several jars of preserved food. At the bottom left is the Cooperative Extension Service logo and text. At the bottom right is the Martin Gattton College of Agriculture, Food and Environment logo and text, along with accessibility icons.

Food As Health

I will be offering 4 **FREE** classes related to Food as Health. They are open for anyone to attend.

May 21, 5:00 PM - Food as Health on a Budget

June 3, 5:00 PM - Food as Health for Heart Disease

June 24, 5:00 PM - Food as Health for Hypertension

June 27, 5:00 PM - Food as Health for Diabetes.

Each class will have a healthy meal provided and some of the classes will be hands-on food preparation. Pre-registration is required so I know how much food to prepare. You may sign up for one or more of the classes. Hope you will join me to learn more about using food for health.



May 21, 5:00 p.m. - Food as Health on a Budget

Learn about the relationship between the foods we eat and our overall health along with tips and tricks to save money and prevent food waste while making nutritious choices.

Pre-register by May 14.

June 3, 5:00 p.m. - Food as Health for Heart Disease

Learn more about heart disease, what role food plays in heart disease, and how to make healthy choices for prevention and management.

Pre-register by May 28.

June 24, 5:00 p.m. - Food as Health for Hypertension

Learn what blood pressure is, the basics of high blood pressure, and explore how nutritious food choices play a role.

Pre-register by June 17.

June 27, 5:00 p.m. - Food as Health for Diabetes

Learn about the basics of diabetes and explore how nutritious food choices play a role.

Pre-register by June 20.

Join me for one or more of these FREE classes where we will explore how our food choices affect our health (geared toward adults). A healthy meal will be provided at each class.

For more information or to pre-register, call 270-265-5659.

**Location: Todd County Extension Office
240 Pond River Road, Elkton, KY**



New Homemaker Club Organizational Meeting

Are you interested in joining a homemaker club? If so, we have a meeting on Monday, June 10, 5:30 p.m., at the Todd County Extension Office, 240 Pond River Road, Elkton, to discuss organizing the After Five Homemaker Club. If you are interested in attending or finding out more information, contact Cherie Morris, 270-604-2777, or call the Todd County Extension Office, 270-265-5659. Light refreshments will be served. Hope to see you!

Summer Ice Cream Social

Save the date—Thursday, July 18, 5:00 PM, for the Todd County Homemaker Ice Cream Social. Location—Todd County Extension Office, 240 Pond River Road, Elkton. Please RSVP at your June Homemaker Club meeting or by calling the Todd County Extension Office at 270-265-5659.



Homemaker Lessons for 2024-25

Homemaker members will be given the opportunity to sign up at their May or June homemaker club meeting to be a lesson leader for 2024-25. The lessons, dates/times, and agent teaching are listed below. Anyone is welcome to attend the lessons, not just lesson leaders.

September - Using your Air Fryers (Jill Harris). **Thursday, August 29, 5:30 p.m.** In-person class.

October - Self-Care: Meaningful Social Connections (Jill Harris). **Monday, September 30, 2:00 p.m.** In-person class.

November - How to Get Out of a Mealtime Rut (Angie York). **Tuesday, October 29, 5:30 p.m.** Watch party and sampling.

January - Indoor Air Quality (Teresa Garcia). **Friday, January 3, 10:00 a.m.** Watch party.

February - Inspiring Grandchildren to become Grand Cooks (Joni Phelps). **Thursday, January 30, 12:00 noon.** Watch party and sampling.

March - Composition in Photography (Amanda Dame). **Tuesday, February 25, 10:00 a.m.** Watch party.

April - Transferring Cherished Possession: Estate Planning Tips for Non-Titled Property (Tiffany Bolinger). **Monday, April 7, 12:00 noon.** Watch party.

May - Move Your Way: Exercise for Everyone (Ashley Board). **Tuesday, April 29, 10:00 a.m.** Watch party.

June - Backyard Picnics (Jill Harris). **Thursday, May 29, 5:30 p.m.** In-person class with sampling.

Hope you will join us for upcoming activities!

Sincerely,

Jill Harris

**Jill Harris
County Extension Agent for
Family & Consumer Sciences**





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