

# Family and Consumer Sciences Newsletter

## News from Union County

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**May/June 2024**

Welcome,

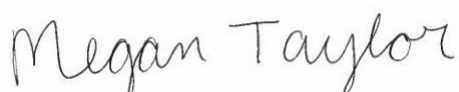
Summer is just around the corner! I am excited to share some exciting programs and activities with you. If you know someone who would like to receive a copy of the newsletter have them email Megan Taylor at [taylor.4411@osu.edu](mailto:taylor.4411@osu.edu) or call the office Monday-Thursday from 8-4:30.

This newsletter will feature different programs being offered, seasonal recipes, activities for children, information on different health topics, helpful information, and more.

Pressure canner gauge testing is currently offered for free at the Extension Office. Please see the enclosed flyer for more information.

If you or a business are interested in hosting a program, OSU Family and Consumer Sciences offers a variety of different programs including Healthy People, Healthy Relationships, and Healthy Finances. Please see the flyer enclosed for more information on potential programs you could offer.

Sincerely,



Megan Taylor



**Megan Taylor**

Union County FCS/4-H Educator

**Ohio State University Extension**

**The Ohio State University**

18000 State Route 4, Suite E, Marysville, OH 43040

937-644-8117 Office

[Taylor.4411@osu.edu](mailto:Taylor.4411@osu.edu)

**Enclosed:**

**Pressure Canner Testing  
Food Preservation Series  
Recipes**

**Outdoor Activities**

**Summer Coloring Page**

**Mental Health Information**

**CFAES**

# Have You Tested Your Canner Gauge This Year?



**UNION COUNTY –Family and Consumer Sciences**

## Canner Dial Gauge Testing for **Free!!**

Just stop by our office with your pressure canner lid with dial gauge (no weighted gauges) and your questions. If the FCS educator is available, they can test your gauge while you wait. If the FCS educator is not available lids can be dropped off for testing and we will call you when your lid is ready for pick up.

We also offer a variety of educational research-based reference materials on canning and food preservation that are available to take home.



**Union County Extension Office**  
**18000 State Route 4**  
**Suite E**  
**Marysville, OH 43040**

**For More Information Contact Megan Taylor- FCS/4-H Educator: 937-644-8117 or [taylor.4411@osu.edu](mailto:taylor.4411@osu.edu)**



**THE OHIO STATE UNIVERSITY**  
EXTENSION

**COLLEGE OF FOOD, AGRICULTURAL, AND  
ENVIRONMENTAL SCIENCES**

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit [cfaesdiversity.osu.edu](http://cfaesdiversity.osu.edu). For an accessible format of this publication, visit [cfaes.osu.edu/accessibility](http://cfaes.osu.edu/accessibility).





UNION COUNTY PRESENTS

## 2024 Food Preservation Series

Ohio State University Extension Family and Consumer Sciences in Union County home food preservation workshops focus on teaching the basics of canning, and other methods of food preservation

After the class you will receive a sample of the items we preserved. If you are interested in having your pressure canner gauge checked for safety, please bring it with you to class and I will test it for you! Each month from May until September we will be preserving different items. We hope to see you there!

**Cost: \$20 per Session**

**Class Space is Limited**



Registration is required 3 days prior to session:

[go.osu.edu/unionfoodpres24](https://go.osu.edu/unionfoodpres24)



For information contact Megan Taylor: 937-644-8117 or [taylor.4411@osu.edu](mailto:taylor.4411@osu.edu)



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**CFAES**

**Wednesday**

**6-8 pm**

- **May 1** – Strawberry Jelly
- **June 5**- Pressure Canning Corn
- **July 10**- Water Bath Dill Pickles
- **August 14** - Water Bath Apple Sauce
- **September 4** - Pressure Can Pumpkin/Winter Squash

**Saturday**

**10-1 pm**

- **May 4** - Blackberry Jelly
- **June 8** - Pressure Canning Carrots
- **July 13** - Water Bath Bread & Butter Pickles
- **August 3** - Water Bath Apple Butter
- **September 7** - Pressure Can Chicken

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Marysville, OH 43040

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# Turkey Pepper Kabobs



## Ingredients:

- 1 – 8 oz can unsweetened pineapple chunks
- ¼ cup packed brown sugar
- 2 tbsp canola oil
- 2 tbsp Worcestershire sauce
- 2 minced garlic cloves
- 1 lb turkey breast tenderloins, cut into 1-inch cubes
- 1 large onion, cut into ¾- inch pieces
- 1 large green pepper, cut into 1-inch pieces
- 1 large red pepper, cut into 1- inch pieces

## Directions:

1. Drain pineapple, reserving ¼ cup juice.
2. Mix brown sugar, oil, Worcestershire sauce, garlic, and reserved juice to make the marinade.
3. In another bowl, toss the turkey with 1/3 cup of the marinade. Refrigerate for 2-3 hours. Cover and refrigerate the remaining marinade.
4. On eight metal or soaked wooden skewers, alternately thread turkey, vegetables and pineapple chunks; discard remaining marinade in bowl. Place kabobs on an oiled grill rack over medium heat. Grill, covered, until turkey is no longer pink, 8-10 minutes, turning occasionally; baste frequently with reserved marinade during the last 3 minutes.

## Grow Herbs in the Kitchen



***Herbs and spices are a great way to add flavor to your recipes and dishes without adding extra sodium and sugar. Try growing your own fresh herbs to save money and give your meals extra flavor!***

**Basil, cilantro, and chives grow great indoors. Find a sunny window where your herbs will get at least four hours of direct sunlight. Start seeds or small plants with premixed potting soil and keep the soil moist. For more gardening tips and recipes that utilize fresh herbs visit <https://celebrateyourplate.org/tips/gardening-tips>**

**Check out this online video for more information:**

**<https://fcs.osu.edu/programs/healthy-people/restart-ohio-back-healthy-recordings/august-18-herbs>**

**or call OSU Extension Union County SNAP-Ed Program at 937-644-8117**



# Live Healthy Live Well Lunch and Learn Lessons



Live Healthy Live Well (LHLW) lessons educate consumers on nutrition, fitness and other wellness issues, increasing awareness and adoption of healthy lifestyle behaviors, and ultimately reducing health care costs.

The Live Healthy Live Well (LHLW) Challenge is an OSU Extension Signature Program. This program consists of weekly email challenges encouraging you to make healthy choices and improve your overall health and wellness! These messages include:

- Tips for making healthy decisions
- Goal-setting
- Calendars for tracking goals
- Encouragement for engaging in healthy behaviors
- Personal stories
- Opportunities to share insights with fellow participants
- Opportunities to ask OSU Extension Professionals health-related questions

You can follow LHLW all year round by signing up to join our blog:

<https://livehealthyosu.com>

Join the LHLW365 text message program: Text @lhlw365 to 81010 OR [sign up online](#), you will receive two wellness-related text messages each week.

If you are interested in hosting a Live Healthy Live Well lesson for your business or organization, please reach out to Megan Taylor at [taylor.4411@osu.edu](mailto:taylor.4411@osu.edu).



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# Movement Improves Mental Health

Written by: Megan Taylor, Family and Consumer Sciences/4-H Educator,  
Ohio State University Extension, Union County

Acknowledging that May is Mental Health Awareness Month, we understand that it is important to improve our mental health. Did you know that movement and exercise can improve your mental health?

Physical activity has many added benefits. In the winter months, mood disorders become more prevalent. The [National Institute of Mental Health](#) states, “Seasonal affective disorder is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting 4-5 months out of the year”. In most situations, this disorder can start in the fall or winter and diminish in the summer.

Symptoms of Seasonal Affective Disorder along with symptoms of depression include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like “hibernating”)
- Persistent sad, anxious, or “empty” mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts



It can be obvious that feelings affect movement (moving more slowly), but your movement can also affect your feelings. Regular aerobic exercise, regular exercise, and meditative movement can help improve mood disorders.

## How Exercise can Improve Mood Disorders:

- [Regular aerobic exercise](#) - can reduce anxiety by making your brain's "fight or flight" system less reactive.
- [Regular exercise](#) such as [cycling](#) or [gym-based](#) aerobic, resistance, flexibility, and balance exercises can also reduce depressive symptoms. Regular exercise may boost mood by increasing a brain protein that helps nerve fibers grow.
- [Meditative movement](#) has been shown to alleviate depressive symptoms. This is a type of movement in which you pay close attention to your bodily sensations, position in space, and gut feelings (such as subtle changes in heart rate or breathing) as you move.

Adding physical activity in your daily routine can not only improve your heart health but can also improve your mental health. By adding one of the exercises mentioned above, you can enhance your mind and body.

# Rainbow Bubble Snakes



## Materials:

Empty water bottle

Duct tape

Sock

Dish soap

Food coloring

## Instructions:

1. Cut the bottom of the water bottle off. Slide the sock over the bottom of the bottle.
2. Secure the sock with duct tape or a rubber band.
3. Pour dish soap into a shallow container with a small amount of water and gently mix. Add in your food coloring of choice.
4. Dip the sock covered part of the bottle into the solution and gently blow through the mouth of the bottle.

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## DIY Sidewalk Chalk



## Materials Needed:

1 cup of cornstarch

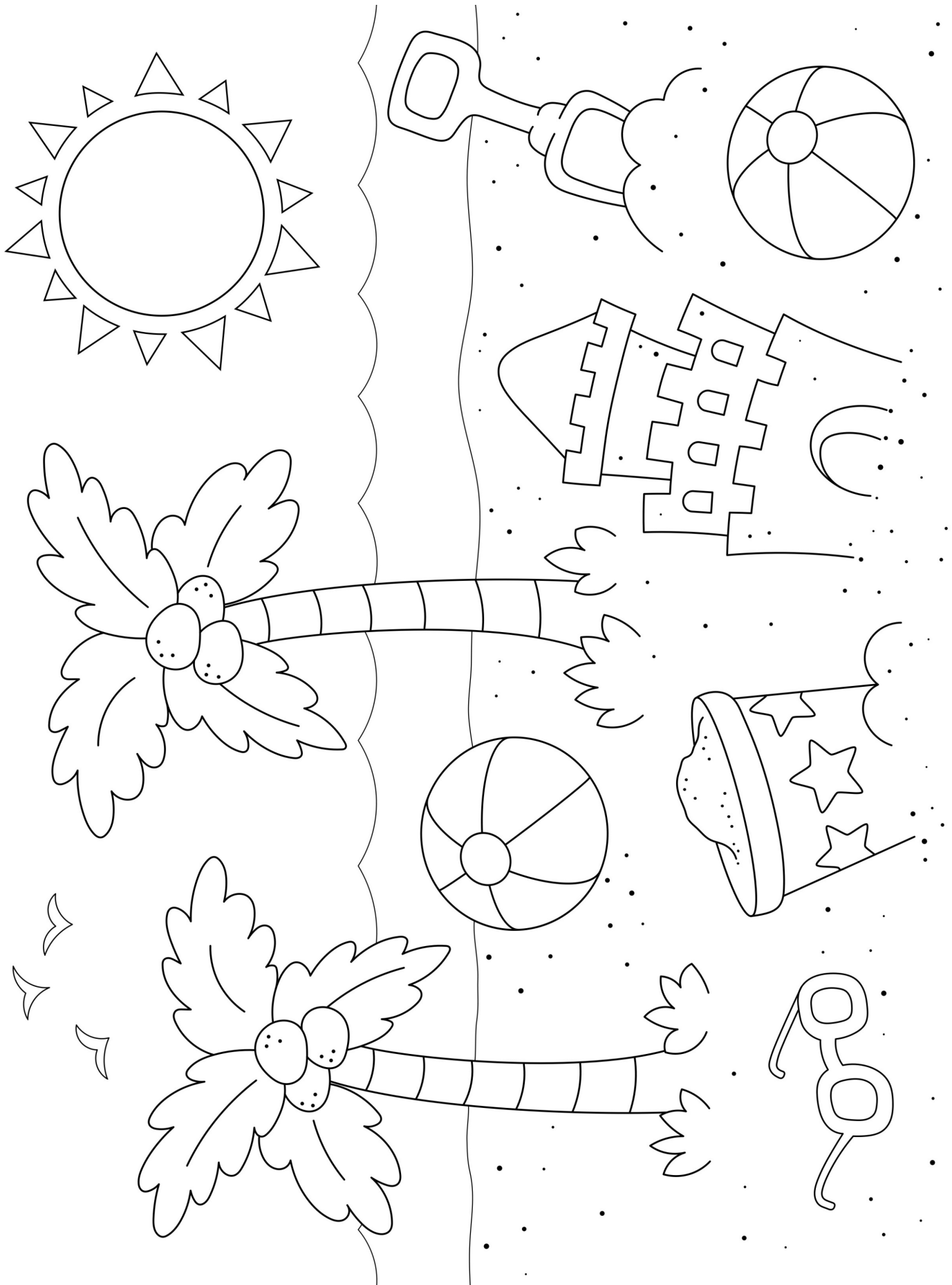
1 cup of water

Food Coloring

## Instructions:

1. Mix the cornstarch and water together until there are no clumps.
2. Pour the mixture into muffin tins.
3. Add your choice of food coloring to each tin, mix until blended.
4. Use your paint brush and imagination to create your sidewalk art!







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EXTENSION

**Union County**

**18000 State Route 4, Suite E**

Marysville, OH 43040

“Like” us on Facebook at:

Family and Consumer Sciences – Union County



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