



Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.

Extension Notes

extension.ca.uky.edu

Family & Consumer Sciences

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Eat More Veggies the Easy Way: Simple Prep Tips for Busy Families

If you grew up hearing “eat your vegetables,” it turns out your mother was right. Vegetables provide important vitamins, minerals and fiber, and they are naturally cholesterol-free and low in fat. That’s a big return for adding more colorful foods to your plate.

Still, knowing we should eat vegetables and actually wanting to eat them are two different things. A few simple techniques can turn everyday produce into quick, flavorful dishes your whole family will enjoy.

Start with fresh, flavorful choices

Vegetables taste best when they’re fresh and in season. Look for produce that’s crisp, brightly colored and firm. Vegetables lose flavor and nutrients as they age, becoming limp or dull. A quick rinse under running water is usually all they need before you chop, slice, or cook.

Storing them correctly also helps. Refrigerate most vegetables, including lettuce, herbs, mushrooms and carrots, in a covered container.

If you prep vegetables ahead of time, cover and refrigerate them within two hours to keep them from drying out or discoloring.

Cook them quickly for the best texture and color

Vegetables are best when cooked briefly, just until crisp-tender. Overcooking can dull their color and cause nutrients and flavor to leach out.

Steaming is fast and gentle, helping vegetables stay bright and flavorful. Try broccoli, carrots, cauliflower or green beans on the stovetop or in the microwave with just a splash of water.

Roasting brings out natural sweetness. Toss vegetables with olive oil and herbs, spread them on a baking sheet and roast at 350°F until tender. Broccoli, carrots, peppers and zucchini all roast well.

In summer, grilling is another easy way to make vegetables more appealing. Zucchini, summer squash, bell peppers, mushrooms, onions and corn take on a lightly sweet, smoky flavor. Cut them into similar-sized pieces, brush lightly

with oil, and cook until tender.

Sautéing or stir-frying is perfect for weeknights. Cook small pieces of vegetables in a little oil, stirring often. Mushrooms, peppers, onions, zucchini and spinach cook in minutes.

Microwaving is fast, convenient and nutritious because cooking time is short and water use is minimal.

Boost flavor with simple seasonings

Vegetables don’t need heavy sauces to taste great. A sprinkle of herbs, a squeeze of lemon or a dash of vinegar can brighten their natural flavors. Start with mild herbs like basil, oregano or lemon pepper, and use stronger spices in smaller amounts.

Try these quick pairings:

• Green beans: lemon juice, dill, or marjoram

• Carrots: cinnamon or tarragon

• Squash: nutmeg or ginger

• Tomatoes: basil or oregano

Make vegetables a family habit

Vegetables don’t have to be complicated. With simple prep and quick cooking methods, they can become one of the easiest parts of a summer meal. Whether you grill a few ears of corn, steam a quick side dish or add fresh tomatoes to dinner, every small step helps your family eat better and enjoy the flavors of the season.

For more nutrition and cooking tips, contact your Russell County Extension Family and Consumer Sciences agent.

Source: FCS3-106 – Vegetable Preparation for the Family, reviewed by Anna Cason, MS, RD, LD, Extension Associate Senior

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Upcoming FCS Extension Programs: Call 270-866-4477 to register - Space is limited!

Easy Dinner Meals – Chicken Alfredo – August 10, Noon, Russell County Extension Office. Call to register.

Cooking through the Calendar – Mini Pepper & Cucumber Bites – August 10, 5:00 PM. Call to register.

Beginner Embroidery – Learn basic beginner embroidery stitches in this class at the Russell County Extension Office. The class will be held on August 31, at 10:00 AM. There is a \$10 fee for this class, to cover supplies. Please register by August 22nd.

Community Calendar

Learn More about CASA

Join CASA of Southern Kentucky for a special screening of Possum Trot, an inspiring film that highlights the impact that caring adults can have on the lives of children who have experienced abuse, neglect, or dependency. Also, learn how to become a CASA volunteer. Place: The Church at the Springs, 226 Jamestown, Street, Russell Springs, KY. Time: 6:00-8:00 PM CST. Date: Friday, August 14 Contact: Lisa Coffey CASA Volunteer Coordinator 270-866-1600

Lucinda Cemetery Reminder

To help keep our cemetery records accurate, we would like to remind everyone that placing a grave marker on a grave space for which the required donation has not been received does not reserve or guarantee ownership of that particular plot. Beginning soon, any markers currently placed on grave spaces for which the Board of Directors has not received the required donation will be removed. This practice will continue for any grave spaces in the future where the required donation hasn’t been received. A grave space is officially reserved only after the required donation has been received (\$600 for family members and \$700 for non-family members) and a Certificate of Ownership has been issued. If you are unsure whether you have purchased a particular grave space, or if you would like to purchase a specific plot, please contact Denise Whitaker at 606-308-3835. She maintains the current cemetery records and will be happy to verify your ownership or answer any questions you may have. Thank you for your understanding and cooperation as we work together to keep our cemetery records accurate and up to date for everyone.

Human Trafficking Seminar

There will be a seminar on Human Trafficking on Friday, August 7th at the First Baptist Church in Russell Springs from 9:00 AM to 11:00 AM, CST. There will be two key note speakers from around Kentucky along with a panel of people with a moderator for questions to begin. After that, the floor will be open for a Q&A to the public so that we cans spread awareness, prevention information and protection of not only children, but adults also!

Aquatic Exercise Classes

Aquatic Exercise Classes sponsored by Russell County Hospital Physical Therapy are held: Mondays/Wednesdays/Fridays, 9:00 - 10:00 AM May through September at the Russell County schools Natatorium \$1 per class and June through August at Russell Springs City Park FREE.

Senior Community Service Employment Program

Accepting applications for part-time positions in Adair, Clinton, Cumberland, Laurel, McCreary, Pulaski, Rockcastle, Russell, Wayne, and Whitley. Must be 55+ years of age, meet limited income guidelines, be unemployed and looking for employment. Call Connie Foster at 606-210-1129 or Jolene Aleman at 270-566- 5316 or visit www.good-will.org/SCSEP Let us help you re-enter the workforce!

D.A.V. Meeting

The D.A.V. meets the 4th Monday of each month at 6:00 P.M. CST at 155 Owentown School Road Russell Springs, KY

TOPS

Take Off Pounds Sensibly is a weight loss support program whose goal is to help men/women/youth to become healthier by losing weight in a sensible manner. The local chapter, TOPS 396 Russell Springs meets Mondays at 5pm at Liberty Baptist Church, 215 Wilson Street in Russell Springs. Online memberships and virtual chapter memberships are also available. Yearly membership dues are less than \$50, first visit is free. Questions? Text/call Bonnie, chapter leader, 270-566-1284 or visit TOPS.Club.org

God’s Food Pantry of Russell County

God’s Food Pantry of Russell County God’s Food Pantry of Russell County is open Monday-Wednesday-Friday from 12:00-4:00 PM. The pantry is located at 101 Brian Walters Dr. In Russell Springs. Call for information 270-866-7992.

Alcoholics Anonymous(AA) Men

Monday nights at SPARC(Sobriety, Peace, Awareness, and Recovery) 270-585-5377 at 6:00 PM

Celebrate Recovery

Tuesday nights at 6:00 PM, First Baptist Church, Russell Springs, KY. Thursday nights at 5:30 P.M., The Springs, 226 Jamestown St., Russell Springs. Monday nights at 6:00 P.M. Solid Rock Church 189 West Drive Russell Springs.

RECONCILIATION							
Fund	Bank Balance	Deposits Not Credited	Less Out Checks	CD Balance	Savings Balance	Other	Cash Balance
General	4,896,399.70	10.00	27,348.69	0.00	0.00	0.00	4,869,061.01
Road	297,990.00	(10.00)	15,484.94	0.00	0.00	0.00	282,495.06
Jail	100,338.25	0.00	6,188.85	0.00	0.00	0.00	94,149.40
LGEA	5,695.24	0.00	438.59	0.00	0.00	0.00	5,256.65
ASAP	126,003.92	0.00	617.30	0.00	0.00	0.00	125,386.62
Grants	1,855.00	0.00	0.00	0.00	0.00	0.00	1,855.00
Emergency Shelter	12,407.84	0.00	440.96	0.00	0.00	0.00	11,966.88
Opioid	718,399.18	0.00	0.00	0.00	0.00	0.00	718,399.18
ARPA	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Tourism	13,874.86	0.00	0.00	0.00	0.00	0.00	13,874.86
Dispatch	94,893.13	0.00	1,877.72	0.00	0.00	0.00	93,015.41
Airport	213,064.55	0.00	267.00	0.00	0.00	0.00	212,797.55
Airport Project	283,504.75	0.00	0.00	0.00	0.00	0.00	283,504.75
Airport Board	55,804.90	0.00	0.00	0.00	0.00	0.00	55,804.90
ABC	20,226.82	0.00	0.00	0.00	0.00	0.00	20,226.82
Clerk Storage Fees	122,448.85	3,820.00	0.00	0.00	0.00	0.00	126,268.85
Total of All Funds	6,962,906.99	3,820.00	52,664.05	0.00	0.00	0.00	6,914,062.94
To the best of my knowledge the information contained herein is accurate and complete.							
Kim Schuchle						7/18/24	Date
County Treasurer							
Randy Mann						7/18/24	Date
County Judge/Executive							
FINANCIAL STATEMENT							
Fiscal Year to Date							
Russell COUNTY				July 01, 2025 through June 30, 2026			
Fund	Total Receipts	Total Disburse	Cash Balance	Encumbrances	Unencumbered	Cash Balance	
Payroll	0.00	0.00	0.00	0.00		0.00	
General	9,734,247.91	4,865,186.90	4,869,061.01	30,009.49		4,839,051.52	
Road	2,440,233.97	2,157,738.91	282,495.06	23,114.66		259,380.40	
Jail	2,509,774.36	2,415,624.96	94,149.40	9,470.35		84,679.05	
LGEA	18,002.21	12,745.56	5,256.65	44.58		5,212.07	
ASAP	131,821.77	10,255.15	121,566.62	0.00		121,566.62	
Grants	168,193.00	166,338.00	1,855.00	0.00		1,855.00	
Emergency Shelter	14,997.10	3,030.22	11,966.88	159.99		11,806.89	
Opioid	802,013.89	83,614.71	718,399.18	0.00		718,399.18	
ARPA	720,696.54	720,696.54	0.00	0.00		0.00	
Tourism	294,629.12	280,754.26	13,874.86	0.00		13,874.86	
Dispatch	705,819.93	612,804.52	93,015.41	388.81		92,626.60	
Airport	337,406.02	124,608.47	212,797.55	2,100.00		210,697.55	
Airport Project	332,332.60	48,827.85	283,504.75	0.00		283,504.75	
Airport Board	159,524.76	103,719.86	55,804.90	0.00		55,804.90	
ABC	117,326.23	97,099.41	20,226.82	300.00		19,926.82	
Clerk Storage Fees	154,798.85	28,530.00	126,268.85	0.00		126,268.85	
Total of All Funds	18,641,818.26	11,731,575.32	6,910,242.94	65,587.88		6,844,655.06	