



7th ANNUAL WOMEN IN AG EVENING

WEDNESDAY, JULY 13TH AT THE
TROY COMMUNITY BUILDING.
REGISTRATION/FREE
SOCIAL HOUR/LIGHT SUPPER
BEGINNING AT 6:00 P.M.
WONDERFUL EVENING OF
ENTERTAINMENT & KNOWLEDGE!!
CALL CHRIS GRIFFIN AT 785-985-2221
TO RSVP BY JULY 8th.

COME TO THE FAIR!

The Doniphan County Fair will be
Monday, July 25th - Friday, July 29th.
*Horse Show is July 23rd at 6:00 p.m.

OPEN CLASS exhibits can be entered on
Monday and Tuesday.

*Please check the fair schedule for details.

OPEN CLASS fair books are available here at
the Extension office. Please stop by and pick
one up.

HELP SPREAD THE NEWS about Open Class
exhibits! *Any Doniphan County citizen can
enter.*



Karen Dodge is retiring
from Doniphan County
Extension after 27+
years. Please join us in
celebrating her years of
service on Sunday,
August 21, 2016, from
2-4 p.m. at the Troy Community Building.
*** "No Gifts Please"

Stay Strong, Stay Healthy



STAY STRONG STAY HEALTHY

Stay Strong, Stay Healthy is an 8-week
exercise program for older adults, that
meets twice a week for 1-hour classes.

The program's goal is to improve
participants' health and quality of life.

Each hour-long class includes:

Warm-up exercises

Easy strengthening exercises, with or
without weights

Cool-down stretches

During the program, you will learn
exercises to improve strength, balance,
and flexibility. After the program ends,
you can continue in the comfort of your
own home or with a group.

PROGRAM DETAILS:

8 Week Stay Strong Stay Healthy
Program Orientation and Assessment

Meeting: August 29, 2016

Class Dates: Twice a week, Tuesday
and Thursday, beginning on:

August 30, 2016

Cost: \$20

Time: 9:00 a.m. - 10:00 a.m.

Location: Doniphan County Fairgrounds,
Troy, KS

*Pick up a Registration packet(s) at
the Doniphan County Extension office,
105 S. Liberty, Troy, Kansas



THE CANNING SEASON IS CLOSE!

Home food preservation is a way to preserve the freshness of homegrown food. While more popular in years past, preserving food at home is still done today. Without factoring in the labor costs, home food preservation can save money compared to commercially preserved foods.

When done properly and safely, home preserved foods are a treat. But when improper practices and unsafe food handling techniques are used, the food can cause foodborne illness.

The Doniphan County Extension office has several shelf pdf's on canning, including recipes and instructions. You can also access these documents on-line at

<http://www.rrc.k-state.edu/preservation>

On this same website you have links to the newsletter

Preserve it Fresh, Preserve it Safe which is produced 6 times a year.

This newsletter is filled with season topics on canning and preserving.

Kansas Elevation

Water boils at lower temperature as altitude increases. In Kansas, the altitude changes from around 700 feet above sea level in eastern Kansas to just over 4,000 feet in western Kansas.

High Acid Foods
Naturally high in acid or have added acid

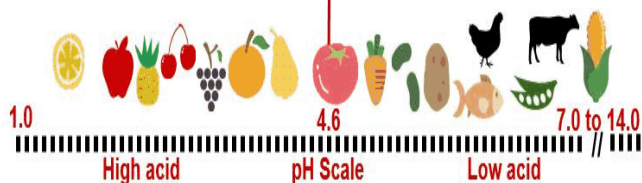


Water Bath Canner Steam Canner

Low Acid Foods
Naturally low in acid



Pressure Canner



Home-canned vegetables are the most common cause of botulism outbreaks in the United States.

2015

The largest outbreak of botulism, in nearly 40 years, occurred with improperly home-canned potatoes causing 29 illnesses and 1 death.



Source: CDC

Learn more at:

<http://www.bookstore.ksre.ksu.edu/pubs/MF3241.pdf>

<http://www.bookstore.ksre.ksu.edu/pubs/MF3242.pdf>

Recipes submitted by the Happy Time Homemakers Club

Smothered Chicken & Onions - submitted by Sharon Staudenmaier

- 1 Chicken cut in serving pieces
- 2 Tbsp. oil
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. nutmeg
- 1 sliced onion
- ½ cup orange juice
- ½ cup chicken broth

Trim off fat & loose skin from chicken. Fry in the oil for about 5 minutes, turning often. Add salt, pepper, and nutmeg. Add onions - continue to fry for 2 minutes. Add juice and broth. Cover and simmer on low for about 30 minutes, or until chicken is tender and the onion and sauce is reduced.

Yield: 4 servings. **Nutrition Facts:** 590 calories. Total fat 36g, cholesterol 220mg, sodium 570mg, dietary fiber 1g, total carbohydrates 7g, sugars 2g, protein 57g.

Blueberry Coffeecake - submitted by Darla Bletscher

- Crumb Topping - ½ cup sugar
 - 1/3 cup flour
 - ½ tsp. cinnamon
 - ¼ cup margarine, softened
- Coffee Cake - 2 cups flour
 - ¾ cup sugar
 - ¼ cup shortening
 - ¾ cup milk
 - 1 egg
 - 2 ½ tsp. baking powder
 - ¾ tsp. salt
 - 2 cups fresh or frozen blueberries
(thawed & drained)
- Vanilla Glaze - ½ cup powdered sugar
 - ¼ tsp. vanilla
 - 1 - 1 ½ tsp. hot water

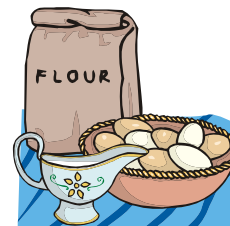
Heat oven to 375°. Grease bottom & sides of 9x13" pan or 9" square pan with cooking spray. In small bowl mix the crumb topping sugar, flour & cinnamon. Cut in butter with fork until crumbly. Set aside.

In large bowl stir together all coffee cake

ingredients except blueberries. Beat with spoon 30 seconds. Fold in blueberries. Spread batter in pan. Sprinkle with topping. Bake 45-50 minutes or until toothpick inserted in center of cake comes out clean. Cool 10 minutes.

In small bowl mix glaze ingredients until smooth and thin. Drizzle over warm cake.

Yield: 9 servings. **Nutrition Facts:** 320 calories. Total fat 6g, cholesterol 40mg, sodium 450mg, dietary fiber 1g, total carbohydrates 65g, sugars 40g, protein 5g.



Recipes are due by August 15th
from the
Helping Hand Homemakers.