Family & Consumer Sciences

TAULOR COUNTY) EXTENSION NEWSLETTER June/July 2025

Index

Upcoming Events

Calendar of Events

Fourth of July Schedule

Eggplant Parmesan Rollatini Recipe



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Those Living with Alpha-gal Syndrome Can **Still Lead Normal Lives**

Ticks are bad news in general, but the lone star tick brings an extra problem: it can leave behind a sugar molecule called alpha-gal that may flip a person's immune system against red meat and other products that come from mammals.

Evidence points squarely at this one species; so far, no other tick in Kentucky has been linked to the syndrome. When the tick feeds on wildlife, alpha-gal can build up in its saliva. During a bite, that sugar slips into a person's bloodstream. Because humans don't make alpha-gal, the body considers it a "threat." After that, beef, pork, lamb anything from a mammal—can trigger the same immune response, even hours after a meal.

Reactions aren't guaranteed. Some bites never cause trouble, and larval "seed ticks" seem less risky than the larger nymphs and adults. Still, Kentucky sits near the top of the national charts for confirmed cases, so prevention and practical know-how matter. If a doctor pins down the diagnosis, the first rule is avoidance. Red meat is obvious, but alpha-gal lurks in gravies, gelatin, glycerin, certain pill coatings, a few vaccines, and even animal-derived heart valves. Dairy may or may not set someone off; it varies. Reading labels becomes routine, especially for ingredients like gelatin, glycerin, magnesium stearate, or bovine extract.

However, dropping mammal meat and avoiding other triggers doesn't leave a person with limited food options, especially high-protein foods. Poultry, fish, shellfish, eggs, beans, lentils, nuts and seeds can all stay on the menu. For example, ground turkey can fill in for hamburger, and plant-based butter can replace the real thing when baking. It may seem frustrating, but to some, sharing their time, practice and exploring new foods is helpful when making big changes to the diet. Those shifting toward a mostly plant-based diet may need a supplement for nutrients such as vitamin B12 or iron—just confirm any capsule is free of gelatin- and talk to your health-care provider or pharmacist.

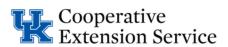
Avoiding fresh bites helps, too. Lone star ticks favor brushy edges and overgrown paths

from spring through late summer. Long pants, -treated clothing, and repellents like DEET or picaridin lower the odds. After time outdoors, inspect yourself, kids, and pets carefully and remove any ticks with fine-tipped tweezers.

Unfortunately, there is currently no medication to erase the allergy once it sets in, but with steady precautions—reading every label, asking about hidden ingredients, staying vigilant about ticks—people can manage daily life, travel, and social events without constant flare-ups.



Source: Heather Norman-Burgdolf, Department of Dietetics and Human Nutrition associate professor



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



Easy to Sew



CASSEROLE CARRIER



Tuesday, June 10 10 AM - 12 PM

Please call the Extension Office at (270) 465-4511 to RSVP

What You Need to Bring:

- -- Two 22 in. squares of cotton
- -- One 5 in. by 22 in. strip of cotton
- -- Two 7 in lengths of wide ribbon
 - -- Matching thread

*An equal opportunity organization



TUESDAY, JUNE 10 5:00 PM

A MEAL WILL BE PROVIDED. CALL THE EXTENSION OFFICE AT 270-465-4511 TO RSVP!

*An equal opportunity organization.

1:00 PM Taylor County Extension Homemakers are accepting donations to complete Blankets of Love. Blankets are

made with 4 yards of fleece. You can choose 2 yards

of corresponding fleece to donate. Monetary

donations are also appreciated. Donations can be

made at the Taylor County Extension Office at 1143

Tuesday, June 17



THREE DAY FOOD PRESERVATION WORKSHOP ON WATER BATH AND PRESSURE CANNING IN A HANDS-ON ENVIORNMENT. REGISTRATION FEE WILL BE \$15 WHICH INCLUDES A "BALL BLUE BOOK GUIDE TO PRESERVING". SPACE IS LIMITED SO BE SURE TO REGISTAR BY JUNE 9TH.

Class Fee

JUNE 16-18, 2025 11 AM - 2 PM EST

HOSTED AT GREEN COUNTY **EXTENSION OFFICE** 298 HAPPYVILLE RD GREENSBURG **KY 42743**

> RSVP AT GREEN COUNTY EXTENSION OFFICE BY CALLING 270-932-5311

South Columbia Avenue, Campbellsville, KY.

In May, we donated 4 blankets to the **Hope Pregnancy** Center!



10 MINUTE TABLE RUNNER WORKSHOP

FABRIC REQUIREMENTS:

- THEMED FABRIC:
 - 10-12 IN. BY WIDTH OF FABRIC
- COORDINATING FABRIC:
 18 IN. BY WIDTH OF FABRIC

WEDNESDAY, JUNE 18 10:00 AM



LIMITED SPOTS! CALL THE EXTENSION OFFICE AT 270-465-4511 TO RSVP!

*An equal opportunity organization.





Taylor County Extension Homemakers Blood Drive

Thursday, June 26 1:00 PM - 6:00 PM Taylor County Extension Office 1143 South Columbia Avenue Campbellsville, KY

For an appointment, please visit redcrossblood.org, call 1-800-RED CROSS (1-800-733-2767), or call the Taylor County Extension Office at (270) 465-4511. Campbellsville, KY



-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor Ap



VOLUNTEER HOURS

Did you know that an hour of volunteering in Kentucky is worth \$31.80?! Your time is *VALUABLE*! Make it count by turning in your volunteer hours to the Extension Office June 30, 2025.

We appreciate all of our volunteers and your hard work!







A Bad Deal in Disguise: Types of Scams

Tuesday, July 8 at 2:00 PM



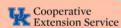
CALL THE TAYLOR COUNTY EXTENSION OFFICE AT 270-465-4511 TO RSVP!











Savvy Sellers &

Bargain Hunters

Basic Guidelines to Yard Sales & Consignment Shops

Tuesday, July 15 2:00 PM

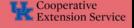




Extension Office at 270-465-4511 to RSVP!

*An equal opportunity organization.





Glass Cup Painting

Join us in learning about painting on glass cups!

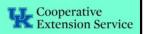


Wednesday,
July 16
10:00 AM &
2:00 PM

Spots are limited!

Call the Taylor County Extension Office
at 270-465-4511 to RSVP!





Passport Trip

Ale-8₁ Factory Tour Halls on the River in Winchester, KY





Thursday, July 17 Leaving at 8:00 AM

Call the Taylor County Extension Office at 270-465-4511 to RSVP!

*An equal opportunity organization.





TRACK YOUR CURRENT BEHAVIOR



Tuesday, July 22 2:00 PM

Small Steps to Health and Wealth™

Call the Taylor County Extension Office at 270-465-4511 to RSVP!

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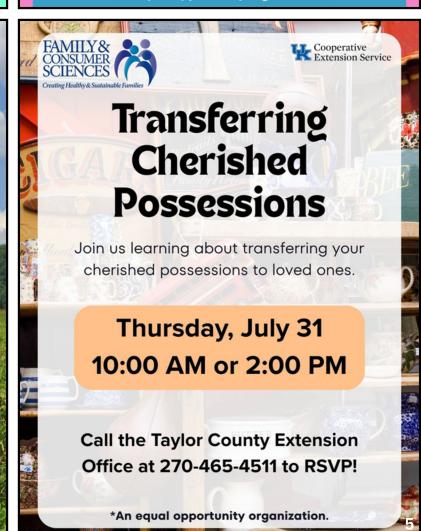
BARN QUILTS

2 FT X 2 FT ONLY

WEDNESDAY
JULY 30
9:00 AM - 3:00 PM

Class Fee \$40 required for registration! Pick your design when you pay.

Stop by the Taylor County Extension Office at 1143 South Columbia Avenue, Campbellsville, KY to regiser!









THURSDAY, AUGUST 21 9:30 AM

Ovarian Cancer Screenings are free at the University of Kentucky Cancer for women over 50 years old, or women over 25 years old with known family history.

Join us for a trip to Lexington, KY for Ovarian Cancer Screening. We will be leaving from the Taylor County Extension Office at 9:30 AM. We will stop to eat lunch on the way! SPOTS ARE LIMITED TO 12 INDIVIDUALS! Call 270-465-4511 to reserve your spot today!

*An equal opportunity organization.





Do you own a Singer
Featherweight Sewing
Machine? Join us Friday,
August 22 to take your
Featherweight to the State
Fair to demonstrate sewing
on an antique machine to
the public.

FRIDAY, AUGUST 22 8:00 AM - 4:00 PM

RSVP by Thursday, July 31 to reserve you ticket. Call the Taylor County Extension Office at 270-465-4511 to RSVP!

June 2025

KE TUCKY
Extension Association of
Family and Consumer Sciences

Low Impact Fitness will continue to meet weekly on Thursdays at 1:00 PM

CALENDAR OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Taylormade Quilters 9:00 AM	4	5 Homemaker Council Meeting 10:00 AM	6	7
	COUNTY	fair 🕸 🙊				
8	9	Casserole Carrier 10:00 AM AED Training 5:00 PM	11	12	13	Flag Day
TATHER'S DAY	16	Blankets of Love 1:00 PM	Table Runner Workshop 10:00 AM	OFFICE CLOSED	20	21
22	23	24	25	26 Blood Drive 1:00 PM - 6:00 PM	27	Cross Stitch Retreat 1:00 PM
29	Volunteer Service Hours Due	•			7	

Bunco Club No longer meeting at this time.	Circle of Friends 2nd Tuesday 6:30 p.m.	Cross Stitch Retreat Last Saturday 10:00 a.m.	Harmony 2nd Tuesday 12:30 p.m.	Mannsville 2nd Thursday 6:00 p.m.	Mastering Skills 2nd Monday 12:30 p.m.
Modern Day No meeting this month.	Quilts of Freedom 4th Wednesday 10:00 a.m.	Saloma Road 2nd Thursday 10:00 a.m.	Sidetracked 2nd Tuesday 6:00 p.m.	Taylor Made Quilters 1st Tuesday 9:00 a.m.	KEHA KEHA

July 2025

Extension Association of Family and Consumer Sciences

Low Impact Fitness will continue to meet weekly on Thursdays at 1:00 PM

CALENDAR OF EVENTS

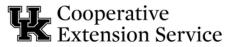
SUN	MON	TUE	WED	THU	FRI	SAT
6	7	Tuesday Treks 8:30 AM Taylormade Quilters 9:00 AM Tuesday Treks 8:30 AM	9	10 Passport Trip	HAPPY * Judependence Gay OFFICE CLOSED 11	12
		A Bad Deal is Disguise Types of Scams 2:00 PM		to Danville, KY 9:00 AM		
13	Dehydrating Basics 10:00 AM, 2:00 PM & 6:00 PM	15 Tuesday Treks 8:30 AM Savvy Sellers & Bargain Hunters 2:00 PM	Glass Cup Painting 10:00 AM & 2:00 PM	Passport Trip to Winchester, KY 9:00 AM	18	19
20	21	22 Tuesday Treks 8:30 AM Track Your Current Behavior 2:00 PM	23	24	25	Cross Stitch Retreat 1:00 PM
27	28	Tuesday Treks 8:30 AM	30 Barn Quilts 9:00 AM - 3:00 PM	Transferring Cherished Possessions 10:00 AM or 2:00 PM		

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this month.	10:00 a.m.	this month.	this month.	9:00 a.m.	Homemakers

49th Annual Campbellsville-Taylor County Fourth of July Celebration

June 28 - July 5, 2025

Suite 20 - Sury 3, 2023				
Saturday, June 28	6:00 PM - Air Show over Taylor County Fairgrounds 7:00 PM - Murakami Hot Air Balloon Glow			
Sunday, June 29	7:00 AM - The Tom McClendon Memorial Hot Air Balloon Lift-Off Miller Park Walking Track 1:00 PM - Campbellsville Baptist Church Community Picnic & Annual Gospel Singing			
Monday, June 30	5:30 PM - Firecracker Games - Cornhole, Pickleball, Volleyball Miller Park			
Tuesday, July 1	5:30 PM - Firecracker Games - Cornhole, Pickleball, Volleyball Miller Park			
Wednesday, July 2	6:00 PM - Downtown Activities Begin 7:00 PM - Green River Meats Kick-Off Concert - Miller Park Featuring: Family Tradition & The Warren Project			
Thursday, July 3	5:00 PM - Downtown Activities Begin 6:00 PM - Taylor County Public Library Children's Parade 6:30 PM - Kentucky Farm Bureau Children's Tractor Pull 7:00 PM - Annual K-Country Showdown			
Friday, July 4 Downtown Activities	7:00 AM - Campbellsville Christian Church Free Breakfast 8:00 AM - Independence Day Car Show - Campbellsville University 9:00 AM - Downtown Activities 10:00 AM - Duo Broadband Fourth of July Parade 12:00 PM - Citizens Bank Antique Tractor & Steam Engine Show 1:30 PM - One Cross Health Big Wheel Races			
Friday, July 4 Miller Park Activities	5:00 PM - Manchester Tank "Party in the Park" 6:00 PM - Str8fwd, Grace Farmer & The Whiskey Shots 10:00 PM - Fireworks over Miller Park			
Saturday, July 5	8:00 AM - Hometown Pharmacy Stay Well 5K/10K Downtown Campbellsville			



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Heat oven to 450 degrees F. Slice each eggplant (about 8 slices per eggplant) in long slices. **Brush** a layer of olive oil (2 tablespoons) on both sides of each slice. Dividing evenly, arrange the eggplant slices in a single layer on baking sheets and season with 1 teaspoon pepper. Bake the eggplant, until soft and beginning to brown, 12-15 minutes; **remove** from oven and **cool**. Reduce heat to 400 degrees F. Remove top stem of tomatoes and **score** bottoms in x shape. **Boil** water and add scored tomatoes. **Boil** 1-2 minutes until skin begins to wrinkle. **Remove** tomatoes and immediately transfer to ice bath and keep submerged for 30 seconds. Remove tomatoes from ice bath. Peel and discard skin. Cube tomatoes.

Eggplant Parmesan Rollatini

- 2 large eggplants
- **4 tablespoons** olive oil (divided)
- **3 teaspoons** ground black pepper (divided)
- **6** large tomatoes
- 3 garlic cloves, minced 1/4 large yellow onion
- 1 tablespoon dried parsley2 tablespoons fresh
- oregano (divided)
- 1 teaspoon salt
- 1 teaspoon basil
- 4 large egg whites
- **1** (15 ounce) container skim ricotta cheese
- **2 cups** grated mozzarella cheese ½ **cup** grated Parmesan cheese

For marinara sauce:

In a skillet, **sauté** garlic and onion in 2 tablespoons olive oil. Once onions are translucent, **add** cubed tomatoes, parsley, 1 tablespoon oregano, 1 teaspoon pepper, salt and basil. **Simmer** uncovered on medium heat for 20-25 minutes. **Remove** from heat and **drain** excess liquid. **Pour** mixture into a blender and **puree** for desired thickness. **Cool** and **spread** 1 cup of the marinara sauce on the bottom of a 9-by-11 inch baking dish.

In large bowl, **whisk** together the egg whites, ricotta, 1 tablespoon oregano, 1 cup mozzarella and 1 teaspoon pepper. **Spread** 2 tablespoons of the ricotta mixture on each eggplant slice, **roll up**

each slice, starting at the wider end and place seam side down in the baking dish, side-by-side in two columns.

Top the eggplant rolls with the remaining marinara sauce and the mozzarella cheese. Sprinkle with Parmesan. Bake until the cheese has melted and the sauce is bubbling, 20-25 minutes. Cool for 5 minutes and serve.

Yield: 8 servings, 2 eggplant rolls per serving

Nutritional Analysis:

310 calories, 18 g fat, 8 g saturated fat, 0 g trans fat, 35 mg cholesterol, 670 mg sodium, 18 g carbohydrate, 4 g fiber, 7 g sugars, 18 g protein.