

Family & Consumer Sciences

IN THE MERRY MONTH OF MAY....

May always brings renewal and end of school activities. Seniors will celebrate and graduate, some will go to school dances, some will begin (or continue) jobs. Whatever May symbolizes for you I hope you find joy and peace throughout the month.

May finds us celebrating the opening of our new facility in Florence (7111 Dixie Highway). You'll find us, and many of our community partners, showing off our services and offerings at our open house on Saturday, May 17, 2025 from 10 a.m. to 2 p.m. Bring the family, bring the friends, and stop in to see all we have to offer.

With family and consumer sciences this is a great time of year to take a look around the inside and outside of our homes to find those critters and spaces that might be causing, or could cause, some issues with water or unhealthy infestations.

We are working on our plan of work for the coming year (July – June). If you have ideas for areas on which Family and Consumer Sciences should focus, let me know through e-mail (diane.mason@uky.edu) or a phone call (859-586-6101).

Wishing you all the best,
Diane Mason, County Extension Agent for Family and Consumer Sciences



Practical Pouches: Toiletry Bag participant stitching her way to success.

NEW VAPING LAWS IN KENTUCKY

Vapes, short for vaporizers or electronic cigarettes, have grown more popular in recent years. In Kentucky, adults use vapes at the highest rate in the nation, equaled only by Oklahoma. More than 6% of Kentucky adults vape daily and an added 4.5% vape on "some days." Many experts in the public health field are concerned over these high rates of vaping. But others point out that vaping is safer than smoking combustible cigarettes. Most agree, however, that the rate of vaping among Kentucky youths is very concerning.

House Bill 11

To curb youth vaping, new laws took effect Jan. 1, 2025. They restrict the types and brands of vapes that can be sold. House Bill 11, which passed the Kentucky legislature in April 2024, requires that all smokeless nicotine products be FDA-approved before being made available for sale. As a result, many brands of disposable electronic vapes will no longer be accessible to the public.



Vapes come in all shapes, sizes, and colors.

The Future of Vaping

The effect of this effort to curb youth vaping, and the future of vaping in general, is unclear. Recent data have shown less youth substance use, including vaping, since COVID-19. But vaping remains common practice among adults in Kentucky.

References: Forbes analysis of CDC data. (2024). Available at: <https://www.forbes.com/advisor/life-insurance/vaping-by-state/>

Source: Dr. Alex Elswick, Assistant Professor and Extension Specialist

STRAWBERRY SALSA

Yield: 7, ½ cup servings

Ingredients

1 tablespoon olive oil
2 tablespoons white vinegar or white balsamic vinegar
1/2 teaspoon salt
2 cups coarsely chopped, cleaned, fresh strawberries
8 green onions, chopped
2 cups chopped cherry or grape tomatoes
1/2 cup chopped fresh cilantro

Directions

1. Whisk olive oil, vinegar, and salt in large bowl.
2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.
3. Cover and chill for 1 hour.
4. Serve with baked fish, pork, or tortilla or pita chips.

Nutritional Analysis per 1/2 cup serving: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C

Source: Plate it up Kentucky Proud

Strawberry Fun!

Strawberries belong to the rose family. They are the only fruit with seeds on the outside. On average there are 200 seeds on a strawberry. There is a museum in Belgium just for strawberries.



Living with Alpha-gal Syndrome

When: Thursday, May 29, 2025
Time: 7:00 PM EDT/6:00 PM CDT
Where: Zoom

Register: ukfcs.net/AgS or scan the QR Code below



 Cooperative Extension Service



LION'S MANE MUSHROOMS: SUPERFOOD OR TOO GOOD TO BE TRUE?

Lion's mane mushrooms are common in Chinese and Japanese cuisines. They have a tougher texture than other mushrooms. Chefs often use them as a meat substitute. As with any wild mushroom, you should not harvest and eat them. You can buy lion's mane mushrooms in some stores or online. Be careful that a trusted seller is offering it because mushrooms can be toxic.

Lion's mane mushrooms have been in the media lately for their supposed benefits for the brain. These mushrooms have been used in traditional Chinese medicine for centuries, where many of these ideas started. Studies show that lion's mane mushrooms have more helpful compounds than other common mushrooms like oyster, shiitake, white, and portabella. Lion's mane also has the highest amount of the amino acid, L-ergothioneine. It is not found in other plants or animals. This protein building block is thought to act as an antioxidant. Antioxidants help protect against damage that can lead to health problems. Lion's mane also has high amounts of polyphenols, which are another type of antioxidant.

In the U.S., most people take lion's mane mushrooms as a supplement instead of eating it. These supplements are often sold as powders you can mix into drinks or food. Some studies have shown that these might help the brain work and perform at many ages. But, this help seems to go away if you stop taking the supplement.

While studies have found no serious side effects, all supplements carry some risk. The ingredients and amounts in the supplements might not match what is on the label. The U.S. Food and Drug Association has not approved lion's mane supplements for treating any health issues. The FDA does not regulate any lion's mane supplements.

When it comes to health and eating habits, we recommend getting nutrients from food first. But, lion's mane mushrooms might not be easy to add to your food plan. They might be hard to find or high priced. Luckily, you can find many of the same nutrients in other foods, like fruits and vegetables. L-ergothioneine is found in other types of mushrooms, which are more common in grocery stores. While lion's mane mushrooms can be healthy, it's best not to focus on just one food. Eating a balanced diet with fruits, veggies, grains, protein, and dairy is the best way to get the nutrients we need.



References: Docherty, S., Doughty, F. L., & Smith, E. F. (2023). The Acute and Chronic Effects of Lion's Mane Mushroom Supplementation on Cognitive Function, Stress and Mood in Young Adults: A Double-Blind, Parallel Groups, Pilot Study. *Nutrients*, 15(22), 4842. <https://doi.org/10.3390/nu15224842>; Mori, K., Inatomi, S., Ouchi, K., Azumi, Y., & Tuchida, T. (2009). Improving effects of the mushroom Yamabushitake (*Hericium erinaceus*) on mild cognitive impairment: a double-blind placebo-controlled clinical trial. *Phytotherapy research : PTR*, 23(3), 367–372. <https://doi.org/10.1002/ptr.2634>; <https://fdc.nal.usda.gov/food-details/1999626/nutrients>

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

UPCOMING EVENTS

Register for any or all programs by calling 859.586.6101 or visiting boone.ca.uky.edu/online-registration

5/10/2025

Boone County Farmers Market

1961 Burlington Pike, Burlington.

The market will be open 10 a.m. – 5 p.m. seven days a week with longer hours beginning after Memorial Day. Visit to purchase local products, plants, produce, and garden items.

5/7/2025, 5/14/2025, 5/21/2025

Learn the Trails

Boone County Extension Environmental and Nature Center. 9101 Camp Ernst Road, Union KY 41091

Join our staff to visit each major trail and then plan to hike them on Wednesdays through October. Visit our website for details.

5/17/2025

Grand opening celebration for our Florence location.

10:00am-2:00pm — Florence Location

Bring family and friends to explore our new facility and learn about all Extension has to offer.

5/29/2025

Alph-Gal Syndrome webinar.

7:00pm - Online

Register at ukfcs.net/Ags



5/30/2025

Introduction to Veganism

10:00am — Enrichment Center - Upper Level

6/5/2025

Introduction to Hand Quilting

10:00am— Extension Office

Registration opens 5/6 at 9 a.m.

6/17/2025

Cyanotypes

10:00am— Enrichment Center - Upper Level

Registration opens 5/6 at 9 a.m.

Food Preservation - programs are scheduled for the summer months. A flyer is enclosed with dates, topics and information. Registration is required and space is limited.

For more information or if you have questions, please reach out!

Diane Mason, Boone County Extension Agent for Family & Consumer Sciences



boone.ca.uky.edu



859-586-6101



diane.mason@uky.edu



BooneKYFCS



BOONE COUNTY EXTENSION OFFICE
6028 Camp Ernst Road, Burlington, KY 41005



BOONE COUNTY EXTENSION ENRICHMENT CENTER
1824 Patrick Drive, Burlington, KY 41005



BOONE COUNTY EXTENSION FLORENCE
7111 Dixie Highway, Florence, KY 41042

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities accommodated with prior notification.