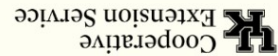




Leslie County Cooperative Extension
22045 Main Street #514
Hyden, KY 41749-8568

Return Service Requested

September is National Chicken Month!
Contact your local county extension office at leslie.ca.uky.edu to learn more. #UKAgPrograms #UKAgriculture #ukyextension



SEPTEMBER IS NATIONAL CHICKEN MONTH



Raising chickens can be a rewarding experience. From providing fresh, nutritious eggs to turning food scraps into valuable compost, these feathered friends offer numerous advantages. Reach out to your local county extension office to learn more!



An Equal Opportunity Organization.

Leslie County INFORMER

Cooperative Extension Service
Leslie County
22045 Main Street #514 Hyden, KY 41749
606-672-2154

September 2024



THE 2024 KENTUCKY STATE FAIR WAS A HUGE SUCCESS! THIS YEAR CLOVERVILLE HAD APPROXIMATELY 6,700 PROJECTS AND ENTRIES FROM 4-H MEMBERS ACROSS THE COMMONWEALTH. LESLIE COUNTY 4-HERS OF ALL AGES HAD A TOTAL OF 71 ENTRIES DISPLAYED IN CLOVERVILLE. THE AREAS OF PHOTOGRAPHY, SEWING, ARTS AND CRAFTS, ELECTRICITY, HOME ENVIRONMENT AND NEEDLEWORK IN MANY CLASS CATEGORIES WERE SUBMITTED. THIS EFFORT WOULD NOT HAVE BEEN POSSIBLE WITHOUT YOUTH PARTICIPANTS, EXTENSION STAFF AND VOLUNTEERS. OUR YOUTH ENJOYED THEIR RECOGNITION OF RECEIVING RIBBONS AND CLASS- CHAMPION AWARDS! BE SURE TO LOOK INSIDE A COMPLETE LIST OF RESULTS.

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.



Mason Asher

- Photography Native Plants - Red
- Photography Leadership - White
- Photography Careers in Health - Blue

Gracie Baker

- Art - Junior Black Pencil - White
- Art - Junior Circular Object - Red

Brantlee "Reed" Barger

- Electricity - Electromagnetic - Blue
- Art - Junior Clay - Red
- Photography - Insect - Red
- Foods - Brownies - Blue

Chloe Brashear

- Art- Junior Oil Painting - Blue
- Art - Junior Clay Mask - Green
- Art - Junior Wire Sculpture - Blue
- Art - Mixed Media - Red
- Art - Heritage/Traditions - Red
- Photography Machinery - Blue/Purple - Class Champion
- Photography Competitive Sports - Red
- Photography Music -Red
- Foods - Snickerdoodle Cookies - Blue
- Food Preservation - Dried Apples
- Blue/Purple Class Champion/Grand Champion Reserve
- Home Environment - Color Collage - Red
- Home Environment - Texture
- Collage - Blue
- Consumer & Financial Education -
- Media and the Marketplace - White

Madilyn Coleman

- Arts - Senior Acrylic Painting - Blue
- Arts - Senior Computer - Blue
- Arts Senior Black Pencil - Blue
- Photography - Forest - Red
- Photography - Companion Animals - White
- Photography- Urban Scenic Red
- Photography- National/International -White
- Needlework Multiple Types of Embroidery Stitches - Blue
- Needlework - Embroidery Using Advanced Skills - Blue/Purple Class Champion

Adalyn Fields

- Photography Natural Scenic - Blue
- Photography Horticultural color - Red
- Foods - Cornmeal muffins - Red

Braelyn "Alli" Fields

- Art - Senior Abstract - Blue
- Photography - Wildlife - White
- Photography - Horticultural b&w - Red
- Foods - Cinnamon twist- White

Logan Sizemore

- Photography -Water - White
- Photography - Crops - White
- Foods - Carrot Cake - Red

Preslyn Napier

- Arts Junior Acrylic Painting - Red

Scarlett Huddleston

- Art - Junior Color Pencil - Blue

Hunting Series

"Creating Better Wildlife Habitat "

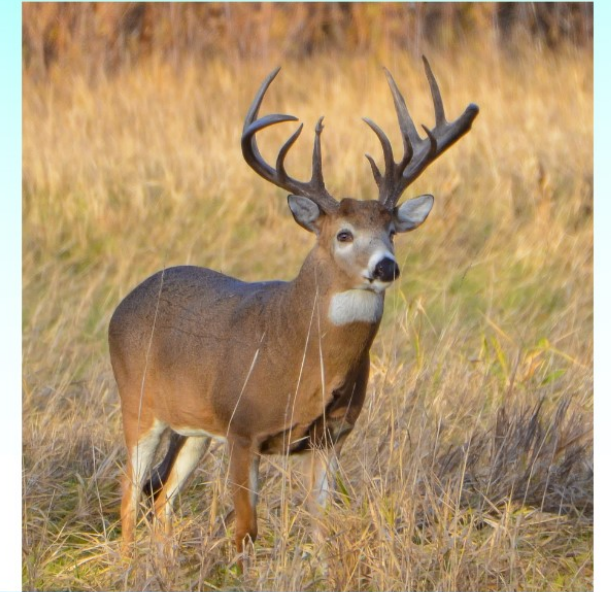
The 2nd program in our hunting series will focus on creating better habitat for wildlife. Kentucky Fish & Wildlife's Private Land Biologist, Daniel Skinner will be our Special Guest.

Join us:

Date: **September 19th**

Time: **6:00 pm**

Location: **Leslie County Extension Office**



Streamside buffers: A simple solution for cleaner water and healthier livestock



What is a streamside buffer?

A streamside buffer is a green belt of plants along a river or stream that helps clean water, protect the banks, and provide homes for animals.

Streamside buffers benefits:

- Water quality
- Erosion control
- Flood control
- Wildlife habitat

Implementing streamside buffers

- Identify the area: Look for flood-prone areas near streams for buffer placement.
- Prepare the site: Treat areas with invasive grasses before planting.
- Select and plant vegetation: Use native plants suited to local conditions.
- Maintain the buffer: Regularly check and manage it to ensure its effectiveness.
- Install fencing: Protect the buffer by limiting livestock access.

Source: Amanda Gumbert, water quality extension specialist
An Equal Opportunity Organization.

Deer Camp Breakfast Sausage



Ingredients:

- 2 pounds ground venison
- 1 pound ground pork
- 1 teaspoon dried marjoram or oregano
- 1 tablespoon dried sage
- 1 tablespoon dried basil
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 egg, beaten
- ¼ cup bread crumbs
- ¼ cup cooking oil

Servings: 16

Serving Size: 1 patty

Fresh venison and pork combine to make a sausage that will make breakfast your new favorite meal.

Directions:

Combine meat and seasonings. Add egg and bread crumbs. Stir well. Shape into 16 patties. Fry in oil until golden brown on each side and internal temperature reaches 165 degrees Fahrenheit.

Source: Adapted from "Wild Game: From Field to Table," Sandra Bastin, PhD, RD, Extension Food and Nutrition Specialist. Revised July 2007

Nutrition facts per serving: 190 calories; 12g total fat; 4.5g saturated fat; 0g trans fat; 75mg cholesterol; 220mg sodium; 1g carbohydrate; 0g fiber; 0g total sugars; 0g added sugars; 18g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 10% Daily Value of iron; 6% Daily Value of potassium.

More game recipes can be found at: planeatmove.com



continued
continued

Hailey Grigsby

- Electric - Solar power - Red Arts -
- Junior Cardboard Sculpture - Blue
- Photography- Farm Equipment - Red
- Photography - Mechanics - White
- Photography - Construction - Red
- Photography - Arts Creation - Red
- Photography - Community Art - White
- Needlework - Granny Square - Blue
- Needlework - Chicken Scratch -
- Blue/Purple Class Champion Food
- Preservation - Salsa - Blue Junior
- Upcycling Project - White

Kaleb Grigsby

- Electric - Lamp - Red
- Photography- Food Prep - Red
- Photography - Fashion - Blue/Purple
- Class Champion
- Photography - Health - White
- Photography - Instrument - White



Serenity Vanover

- Art - Senior Clay - Blue
- Needlework - Crochet item - Blue

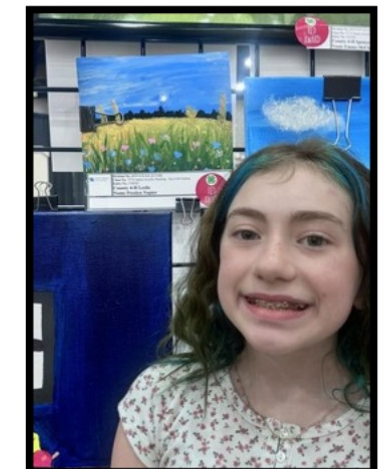
Kasey Lewis

- Arts - Junior Jewelry - Red
- Photography- Patterns- Red
- Photography - Energy - White
- Photography - Movement - Red
- Foods - Chocolate Fudge - Blue
- Home Environment - Cloth item - Red

Kennedy Lewis

- Arts - Self Portrait - Red
- Photography- Culture- Blue
- Photography - Expressive Words - Red
- Foods - Pretzels - Blue

*Leslie County 4-Her's
visit the fair!*



AUGUST BEE CLUB RECAP



Kenny Holbrook from Kentucky State University recently highlighted the university's extensive research into beekeeping across the state. The study focuses on identifying pesticides in bees, honey, pollen, and wax, and assessing their impact on bee health. Additionally, KSU researchers are testing hives for mites using various detection methods to better manage these pests. This work aims to improve hive health and support sustainable beekeeping practices.



Cooking Through the Calendar

Cooking Through the Calendar held August 20th @ 12:00 Noon. Homemakers gathered to enjoy our August Cooking Through the Calendar Lesson. The calendar recipe was Peanut Butter Oatmeal Bites and was enjoyed by everyone! This recipe spotlighted oatmeal as a whole grain providing dietary fiber, iron and many B vitamins as compared to refined grain products. The goals are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues their partnership with us providing \$20.00 grocery gift cards to each participant as promotional incentives. We greatly appreciate ARH for being a valuable partner in supporting health and wellness.



Coming Soon



TOPIC: PREPARING FOR WINTER

4-H Youth/Adult Bee Club Meeting will be September 30th at 6:00 p.m. at the Leslie County Extension Office

Join us for a fun-filled potluck and honey tasting night! Bring your favorite honey from home to share and compare with others—let's compare holler to holler! We'll also discuss important winter preparations for both the bees and their hives. Don't miss this sweet opportunity to enjoy great food, delectable honey, and valuable beekeeping tips.

4-H TEEN MEETING
 Thursday, September 26th
 9:00 am
 @ Leslie County High School



Survive and Thrive: Disaster Preparedness Series held August 23, 2024, at the Perry County Extension office. The first lesson in this three-part series was enjoyed by over 20 Quicksand Area Extension participants as they were taught collaboratively by Kayla Watts and Quicksand Area FCS Agents, as follows: 1).Preparing Your Family and Home Before a Disaster Lesson – In The Face of Disaster Curriculum; 2). Know Your Alerts and Warning; 3). Build a Disaster Kit; 4). Preparing Your Pets for a Disaster. The lesson was followed with evaluations , door prizes and dates for our next lesson.



Recipe Box Workshop held at RCARS Wood Utilization Center – Tuesday, August 27th Leslie County Extension participants traveled to RCARS to make a recipe box! It was made from Poplar wood and designed to hold 4X6 recipe cards from our NEP Recipe Calendars. Everyone enjoyed the educational lesson on forestry and wood products. For more information and to sign up for classes like this please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSEx



**Leslie County Extension Art Club – Fall Painting with Berny
Sept. 17 @ 5:00**

Join us here at Leslie County Extension for this cultural arts class. This painting class is being taught by Berny Bowling. Suggested list of supplies are: Acrylic paint: White, Blue, for the sky, Green for grass and trees, Black, Brown, Orange, Red, Yellow, Purple. One large flat brush and one small flat brush. One detail brush and one fan brush which is optional. I don't use a fan brush, but you can if you want. During this class you will be painting a beautiful fall scene! Call 672-2154 today to register for this class.

What's Been Happening in Family Consumer Sciences!



Diabetes Support Group Meeting #11 was held on Thursday, July 25th. Participants received a sample of the recipe Overnight Oats and learned how this recipe is a healthy choice for diabetics. Everyone enjoyed the educational lesson and What's New with ARH Healthcare. Plan to join us each month for our Diabetes Support Group here at Leslie County Extension, the last Thursday of each month at 10:00 a.m.



Lunch and Learn - Homemaker Leader Lesson: Composition in Photography was taught by Laken Campbell, Lee County FCS Agent on August 5, 2024 @ 10:00 a.m. Participants learned lots of tips on taking "good" photos. Elements and principles of art and learning how they can use these concepts to make photographs that capture our interest was explored and discussed. This class inspired everyone to think about what is being seen through your camera's view finder or on your phone's screen before taking a picture. Everyone also enjoyed viewing photograph examples as they discussed why you may prefer some photos instead of others..

It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information



Vicki R. Boggs, Leslie County Extension Agent for Family & Consumer Sciences Education



What's Comin up in Family Consumer Sciences!

Summer is quickly turning to Fall and Extension is very busy working with families and community. We have a line up of classes, events and activities from our plan of work for everyone to enhance your many interests and skills! Fall of the year brings homemaker membership drive efforts to build our clubs and clientele for expanding our reach for educational and joyful opportunities. We invite you to stop by or contact us for more information to become a Leslie County Extension Homemaker. In this September Newsletter we share the following: Disaster Preparedness, Healthy Choices, Money Wise, Health Bulletins, Homemaker membership and September- October Events. Be sure to check out our Leslie County Extension Facebook page and also our website.

	September	
Sept. 9th -5:00 pm Hyden Homemakers Club Meeting	Sept. 12th - 12:00 pm Lunch & Learn Creating Welcoming Communities	Sept. 12th - 1:00 pm Homemaker Membership Drive Social
Sept. 17th - 5:00 pm Extension Art Club Fall Painting with Berny	Sept. 24th - 12:00 pm Cooking Through the Calendar	Sept. 24th - 1:00 pm Homemaker/FCS Council Meetings
Sept. 26th - 10:00 pm Diabetes Support Group	Oct. 7th - 5:00 pm Homemaker's Annual Meeting	

Leslie County Extension Hyden Homemakers
Plan to meet at Leslie County Extension at 5:00 p.m. on September 9th for their regular monthly meeting. Please contact Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.

Attention all Homemakers: Earn funny money by bringing items for Silent Auction Homemaker Fundraiser for our Annual County Meeting on October 7th. All auction items will need to be brought in asap or by October 6th.

LUNCH & LEARN CREATING WELCOMING COMMUNITIES

To better prepare community leaders for service and community stewardship, Creating Welcoming Communities seeks to engage participants in better knowing their own culture and in gaining respect for culturally related strengths.

September 12, 2024
12:00 PM
Leslie County Extension Office
Call to register 672-2154



Ramen Skillet Dinner



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source:
Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

1. Wash hands with warm water and soap for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).
4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately. Refrigerate leftovers within 2 hours.
- 9.

Makes 4 servings
Serving size: 1 1/2 cups
Cost per recipe: \$7.66
Cost per serving: \$1.92



September 12, @1:00 p.m. Join us at Leslie County Extension for our KEHA Homemaker Membership drive Social! Join us for refreshments, games, door- prizes and more! The yearly membership fee of \$10.00 supports Ovarian Cancer Screening, and our local and state organizations. Membership forms are available at our office or upon request. Register by September 9th. Contact us today @ 672-2154 or stop by for more information.

Diabetes Support Group Meeting – Thursday, September 26th at 10:00 a.m.
Please call 672-2154 to sign up for this monthly program! See the flyer enclosed and flyers coming to your mailbox for more details).

Upcoming Dates/Events:
· 2024 Cultural Arts due at Leslie County Extension, September 26-30, 2024
*Categories for cultural arts entries are available here at our office or upon request.
· Homemaker Annual Meeting October 7, 2024 @ Leslie County Extension 5:00 p.m.
Cultural arts will remain on display through Mary Breckinridge Festival and our annual meeting.
· Homemaker Area Meeting: October 24, 2024 @ Letcher County Extension, 10:30 a.m. * (Registration required)
*Registrations are available here at Leslie County Extension.

* Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!

DIABETES CONNECTION

Understanding Diabetes Together

SEP 26

Last Thursday of each month

DISCUSSION TOPIC:
Diabetes Prevention

Join us in person at the Leslie County UK Extension Office. Family and support caregivers are welcome to attend.

All those with diabetes in attendance will receive a \$20 Save-a-Lot gift card. (pre-registration is required)

Or join via zoom from anywhere:

10AM: JOIN VIA ZOOM
zoom.us/my/arhdiabetessupport



Please encourage your immediate family members to join!

TO PRE-REGISTER OR FOR MORE INFO: 606.672.2154 csmith11@arh.org

Cooking Through the Calendar:

September 20th @ 12:00 Noon We all love the free recipe calendars the Extension Office provides each year! Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us and plans to provide incentives for this health and wellness program. Sign up soon, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt.

Check out our Facebook Page: <https://www.facebook.com/lesliecoextension>