

PERRY  
COUNTY

# Newsletter

August 2023



**Location:** 933 Perry Park Rd., Hazard, Kentucky 41701  
**Telephone:** (606) 436-2044 **Fax:** (606) 436-9961  
**Website:** <https://perry.ca.uky.edu>  
**E-mail:** [ces-perry@lsv.uky.edu](mailto:ces-perry@lsv.uky.edu)



## Family & Consumer Sciences

- ❖ *Navigating Trauma after a Natural Disaster*
- ❖ *Jams & Jellies*
- ❖ *All About Laundry*

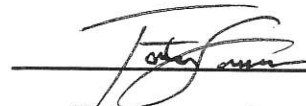


Kelsey Sebastian: Agent for Family & Consumer Sciences



## 4-H Youth & Community Development

- ❖ *4-H to compete in Kentucky State Fair*
- ❖ *Livestock Club*




Tate Sasser: Agent for 4-H Youth Development



## Agriculture and Natural Resources

- ❖ *Regional Beekeepers Workshop*
- ❖ *The scoop on Hammerhead Worms*



Charles E. May: Agent for Agriculture & Natural Resources

### 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

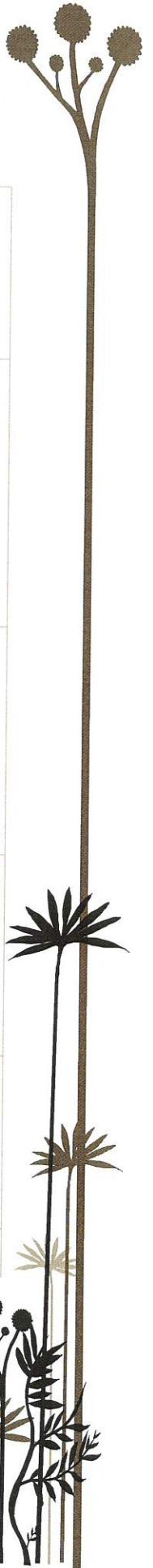
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Extension, Cooperating  
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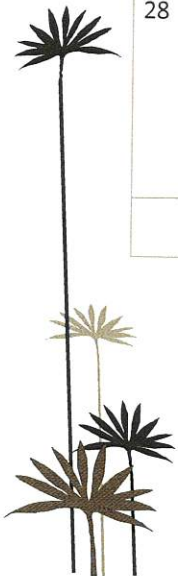
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# August

# 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 4-H Camp	2 4-H Camp	3 4-H Camp	4 4-H Camp	5	6
7 Charity Sewing/ Homemakers Meeting/ Leader Lesson Livestock Club 5:30 p.m.	8	9 Free Water Testing 10:00 a.m.	10 Cooking through the Calendar 10:00 a.m. Free Water Testing 10:00 a.m.	11 Open Sewing 9-2  Free Water Testing 10:00 a.m.	12 Regional Beekeepers Workshop 9:00 a.m. Jenny Wiley State Resort Park	13
14	15 Quilt Block of the Month 9- 12 Livestock Club 5:30 p.m.	16	17 Kentucky State Fair August 17- 27, 2023 4-H Country Hams at State Fair	18 Jellies & Jams 1:00 p.m. 4-H Rabbit Show at State Fair	19	20
21 4-H Beef Cattle Show at State Fair 21 <sup>st</sup> -24 <sup>th</sup>	22	23	24	25	26	27
28	29 All About Laundry 1:00 p.m.	30	31			



*August 2023*

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**IN THIS FCS NEWSLETTER:**

- CALENDAR DATES
- RECIPE
- HEALTH BULLETIN
- MONEYWISE

**Block of the Month**

Thanks to all who are participating in Block of the Month! The next class will be on August 15<sup>th</sup> from 9am-12pm. Patterns and fabric for the blocks will be provided free but you must sign up in advance and participate in person. Special thanks to Nancy Pratt and Cheryl Leabo for leading these classes for us. Call 606-436-2044 to register.

**Charity Sewing**

Our wonderful volunteers continue to make baby blankets and turbans for ARH, and lap quilts for Bluegrass Care Navigators. The next sewing date is Monday August 7<sup>th</sup> upstairs in the Perry County Extension Service office building. Sewing starts at 9:00 AM. If you want to be involved – there is a way for everyone to help! Come join the fellowship and support the community needs. This is a wonderful way to record volunteer hours for KEHA!

**Perry County Homemakers Meeting**

The next meeting will be on August 7<sup>th</sup> at 12 p.m. Lunch will be provided but please bring a dessert. Our meeting will be followed by a Leader Lesson from Agents Lorie Adams and Kayla Watts. We will have several giveaways to accompany the lesson.

**Navigating Trauma after a Natural Disaster**

Trauma is our body's response when we experience an event that is life threatening or emotionally hurtful. The traumatic event can disrupt your ability to cope because of the significant loss of relationships or things necessary to meet your basic needs. The lesson will prepare community members to understand trauma and signs of trauma, and how to cope and respond to trauma after a natural disaster. Join us August 7<sup>th</sup> at 1 p.m. following the monthly homemaker meeting.



### Upcoming Program Dates

- August 7<sup>th</sup>–Charity Sewing 9 a.m.
- August 7<sup>th</sup>– Perry County Homemaker Meeting 12 p.m.
- August 7<sup>th</sup>– Leader Lesson 1 p.m.
- August 9–11<sup>th</sup>– Water Testing.
- August 10<sup>th</sup>– Cooking through the Calendar 10 a.m.
- August 11<sup>th</sup>– Open Sewing Day 9–2.
- August 15<sup>th</sup>– Block of the Month 9–12.
- August 18<sup>th</sup>– Boiling Water Canning: Jelly and Jams 1 p.m.
- August 29<sup>th</sup>– All About Laundry 1 p.m.

### Cooking Through the Calendar

Cooking Through the Calendar Program will continue in 2023 as we cook a new recipe every month. Classes will be held upstairs at our office at 11 a.m. Our next class will be Thursday, August 10<sup>th</sup>. We'll be making delicious Skillet Pork Chops with Peaches for you to sample. The recipe is included in this month's newsletter or stop by our office to pick up your copy of the 2023 calendar.

### Open Sewing Day

The second Friday of the month will now become an Open Sewing Day! Feel free to catch up on quilt blocks, work on Homemaker Hospice blankets, or even just come to hem a pair of pants. Volunteers will be available each day to answer questions or help with any of our sewing needs. Open to anyone and sewing machines are available! August 11<sup>th</sup> from 9 a.m.–2p.m.

### Food Preservation: Jams & Jellies

Let's work on our water bath canning. August 18<sup>th</sup> at 1 p.m. we will be making jams and jellies. Call our office to sign up for a spot.

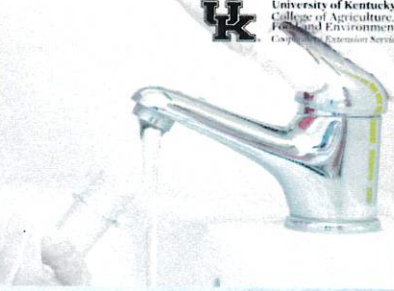
### Drop it Like it's Hot

We are halfway through 2023 and now is the time to recommit to your health journey for the year! Remember you can stop by our office any time during business hours to pick up the informational packets and weigh in when it's convenient for you. Those of who are participating keep up the good work!

### All about Laundry

This program will focus on products on the market, fabric specifications when laundering, tips and tricks for stain removal. We will be making homemade detergent for you to take when you leave, August 29<sup>th</sup> at 1:00 p.m. Sign up by calling our office 606-436-2044.

# FREE Water Testing



Join us for this wonderful opportunity provided by the University of Kentucky to have your home drinking water analyzed. Testing will include looking for possible E-coli and nutrients.

**August 9-11th 2023 at 10:00am to be held at the Perry County Extension Office**

Information needed for research will be Name, Address, Phone, and if you have city or well water, or

**both?**  
Spots are very limited, Please call Perry County Extension Service at 606-436-2044 to get your spot.

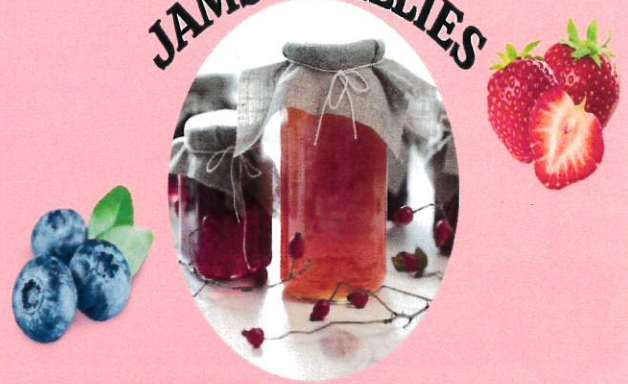
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# JAMS & JELLIES



**FOOD PRESERVATION: WATER BATH CANNING**  
Join us for an afternoon of jam and jelly making at the Perry County Extension Office.

**August 18th 1 p.m.**

**Call 606-436-2044 to sign up**

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## Cooking Through the Calendar

Join us Thursday August 10th at 10 a.m. for Cooking through the Calendar. This month's featured recipe is Skillet Pork Chops with Peaches. As always this class is FREE at the Perry County Extension Office. Contact us at 606-436-2044 with any questions

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## ALL ABOUT LAUNDRY

Lets talk all things laundry as we discuss products, tips and tricks of stain remover, even be make homemade laundry detergent

Perry County Extension Office  
August 29th, 2023  
1p.m.

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Recipes from the 2023 Food And Nutrition  
**RECIPE CALENDAR**



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# Skillet Pork Chops with Peaches



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

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat\*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained\*\*
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

\*Boneless pork loin chops can also be used in this recipe.

\*\*Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving Size: 1 pork chop**  
**Cost per recipe: \$7.78**  
**Cost per serving: \$1.95**

**Nutrition facts per serving:**  
280 calories;  
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

**Source:**  
Brooke Jenkins,  
Extension Specialist,  
University of Kentucky  
Cooperative  
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LEXINGTON, KY 40546



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Come test this recipe out with us for **Cooking Through the Calendar!** Thursday August 10<sup>th</sup> at 10 a.m. at the Perry County Extension Office.

# ADULT HEALTH BULLETIN



**AUGUST 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Perry County Extension Office  
933 Perry Park Road  
Hazard, KY 41701  
(606) 436-2044

## THIS MONTH'S TOPIC:

# LUNG CANCER SCREENINGS



**A**ugust 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

Continued on the next page →



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## Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

### → Continued from the previous page

The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit [ky.gov](http://ky.gov) and search "lung cancer screening."

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

#### REFERENCE:

[https://www.cdc.gov/cancer/lung/basic\\_info/screening.htm](https://www.cdc.gov/cancer/lung/basic_info/screening.htm)

**ADULT  
HEALTH BULLETIN**

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# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## THIS MONTH'S TOPIC: WAYS TO SAVE ON BACK-TO-SCHOOL

Sales ads and store shelves are now displaying backpacks, pens, sneakers, and tech. It's the time of year kids start asking for new gear for school. The costs of most goods and services have risen in recent years, and school supplies are no exception. The Consumer Price Index for the Southern Region shows that generally prices peaked last summer, but overall, the cost of goods is still high.

Back-to-school shoppers plan to stretch their dollars spent on supplies, clothes, shoes, and electronics in several ways, according to a recent National Retail Federation survey. Some will compare prices online before buying (45%). Others will shop sales (45%), buy generic or store brand products (39%), or use coupons (27%). The following tips provide more cost-saving suggestions.

### BEFORE YOU SHOP

After you've received a list of the school supplies your child will need this year, take an inventory of the supplies you already have before heading out to buy new items. You might be able to use some of last year's supplies, such as backpacks, calculators, rulers, folders, and more.

Look through your child's clothing and shoes to see what fits and what you need to replace. Be sure to check the school's dress code to make sure your



clothing choices match the school's policies. If your children have outgrown anything, consider selling gently used clothing to a consignment store for cash or store credit.

If your household budget is tight, contact your school's Family Resource or Youth Services Center to see if there are local school supply drives planned in your community. Or consider having a clothing or "supply swap" with other families you know with similarly aged children.

Once you have inventoried your needs, make a shopping list. Put the most critical items at the top of the list. Talk to your kids about the difference between wants and needs. Sometimes we can't have both, and needs must come first.

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## TRY TO SHOP RETAILERS WHO OFFER DISCOUNTS, ACCEPT COUPONS, OR HAVE CUSTOMER LOYALTY PROGRAMS.



### AT THE STORE

In preparing to shop, consider your budget. Back-to-school expenses are probably not part of your regular monthly budget. Where might this occasional expense fit into your plans? You might not have to buy some items right away, such as winter coats or clothes. You can work those into a later month's budget if needed.

Compare prices online before shopping, especially for more expensive items such as technology. Try to shop retailers who offer discounts, accept coupons, or have customer loyalty programs. Also, hang on to your receipts in case your children don't use the supplies and you can return them.

### STICK TO YOUR LIST

Colorful displays and marketing can be enticing, but it is better to stay within budget and stick to your list. Start with what your child needs most.

If they shop with you, perhaps set aside a designated amount that they can spend on a special item of their choice. For smaller items, it can be cheaper to buy in bulk, especially if you can split the cost with another family or if they are staple items you can put aside for next year, such as paper, pencils, or other goods. If your child's school requires a reading list, consider using the local library. Or talk with students from the grade ahead, who might be willing to lend or sell the books they read last year.

### REFERENCES:

National Retail Federation. (2023). <https://nrf.com/insights/holiday-and-seasonal-trends/back-to-school>

U.S. Bureau of Labor Statistics. (2023). [https://www.bls.gov/regions/southeast/news-release/consumerpriceindex\\_south.htm](https://www.bls.gov/regions/southeast/news-release/consumerpriceindex_south.htm)

Written by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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Tate Sasser: Agent  
August 2023

email: [tatesasser@uky.edu](mailto:tatesasser@uky.edu)  
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## 4-H YOUTH DEVELOPMENT



### 4-H Camp

We attended our annual 4-H Camp August 1-4 and are happy to report a success! Thank you to our County Extension Board and local donors for making camp possible for many!

### State Fair

This year we have nine 4-Hers competing in various categories at the Kentucky State Fair! If you have interest in attending this year's state fair, visit the state fair website for this year's schedule! We will have participants in Country Hams, Rabbits, and Honey!

### Superstar Chef

In partnership with our FCS agent Kelsey, we hosted our first Superstar Chef 3-day camp. Thank you to everyone who assisted and participated! We are excited to bring this program back again next summer!

### Gardening Day Camp

Also in partnership with our FCS agent Kelsey, we hosted a Gardening Day Camp. This camp gave students the opportunity to learn about planting garden vegetables and healthy recipes to use those vegetables in.

### Livestock Programs

Our Livestock Club has begun. If your child has any interest in participating in Livestock showing, judging, or our Livestock Skillathon, please be sure to attend our next meeting!

Be sure to call the extension office to confirm the location as we are meeting at various farms throughout the county!

### Facebook

Please like and share it to help us promote this great form of communication! We will be sharing important 4-H information to this page such as meeting dates, new programs, cancellations, and much more.





## PARENT CORNER

### Breakfast ideas to try

The morning meal doesn't have to be all about normal breakfast items. You can mix it up to have other foods and still have a good healthful start to the day.

Serve a balanced breakfast that is made up of whole grains, protein, and fruit or vegetables. You could try any of these delicious ideas:

- whole-grain cereal with low-fat milk topped with fruit or nuts
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs and fresh spinach
- oatmeal topped with nuts and fruit and sprinkled with cinnamon
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges)
- breakfast smoothie (low-fat milk or yogurt, fruit, and wheat germ or bran whirled in a blender)
- vegetable omelet with whole-wheat toast
- sliced cucumbers and hummus in a whole-wheat pita
- lean turkey and tomato on a toasted English muffin
- heated leftover rice with chopped apples, nuts, and cinnamon
- shredded cheese on a whole-wheat tortilla, folded in half, microwaved for 20 seconds, and topped with salsa

Source: Adapted from <https://kidshealth.org/en/parents/breakfast.html>

## COOKING WITH KIDS

### Seasonal Layered Fruit Salad

- 1/2 cup fruit A
- 1/2 cup fruit B
- 1/4 cup vanilla or fruit flavored low-fat regular or whipped yogurt

1. Select two different fruits to fit the season, holiday, or summer fun event.
2. Choose fresh, frozen, or canned fruits.
3. Using a clear 9-ounce cup, work with your kids to build their layered fruit salad by layering fruit and yogurt.

Serving size: 1 1/4 cup

#### Fruit combination examples

- Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
- Winter: Blueberries, green grapes, blueberry yogurt
- Spring: Peaches, red grapes, peach yogurt
- Summer: Cantaloupe, blackberries, blackberry yogurt
- Patriotic: Blueberries, raspberries, vanilla yogurt
- Valentine: Watermelon chunks, raspberries, strawberry yogurt
- Christmas: Strawberries, sliced kiwi, vanilla yogurt

Source: <https://www.planeatmove.com/recipes/recipe/seasonal-layered-fruit-salad>



## RECIPE

### Apple Grilled Cheese

- 2 teaspoons butter
- 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in the skillet, butter side down. Top with two slices of cheese and 3 to 4 pieces of spinach. Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
3. Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2; Serving size: 1 sandwich

Source: <https://www.planeatmove.com/recipes/recipe/apple-grilled-cheese>

# PARENT

# HEALTH BULLETIN



**AUGUST 2023**

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## THIS MONTH'S TOPIC:

# HELP YOUR FAMILY EAT THE RAINBOW WITH FRUITS AND VEGGIES



**E**ating a wide variety of foods is important for everyone, especially children. Children's bodies are growing and developing at a rapid rate. They need many nutrients to be able to grow and develop to their full potential. Two important categories of foods that children need are fruits and vegetables. Fruits and vegetables contain essential nutrients such as vitamins and minerals for brain development, muscle and bone growth, and fiber for healthy digestion.

A recent Centers for Disease Control and Prevention study found that many children in Kentucky are not eating fruits and vegetables every day. In fact, more than half of children did not eat a

Continued on the next page →

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## *If your family or child struggles to eat fruits and vegetables, start by adding just one fruit and vegetable into their meals.*

### ➔ Continued from the previous page

vegetable daily during the preceding week, and more than one-third did not eat fruit daily.

As a parent or caregiver, you have a huge influence on your child's food access and understanding of how to choose a variety of healthy foods. You teach your child about food based on

what foods you buy, prepare, offer, and eat as a family.

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*Fruits and vegetables contain essential nutrients such as vitamins and minerals for brain development, muscle and bone growth, and fiber for healthy digestion.*

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To encourage children and families to eat more fruits and vegetables, we are challenging everyone to "eat the rainbow" every day. That means choosing fruits and vegetables that are different colors every day. If your family or child struggles to eat fruits and vegetables, start by adding just one

fruit and vegetable into their meals for the day.

Here are some ways to incorporate fruits and vegetables in meals and snacks that you may already be preparing:

- Include chopped up fruit in breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Put leafy greens or thinly sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

Here is a simple smoothie recipe. You can use any fruit that you like. Don't be afraid to add in some vegetables! Try experimenting with different fruit and vegetable combinations to see what members of your family likes.

- 2 cups fresh or frozen fruit and vegetables
- 1 cup low-fat milk
- 1/2 cup low-fat yogurt



Place all ingredients in a food processor or blender and mix until well combined. Serve cold!

For more ideas of how to include at least one fruit and vegetable in your and your child's diets each day, visit [PlanEatMove.com](http://PlanEatMove.com).

#### REFERENCE:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

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**ADULT**  
**HEALTH BULLETIN**

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## BASIC BUDGET BITES

# Tips for saving money on food

### Plan

- Take time to plan your meals and make a grocery list.
- Plan your meals using seasonal foods.

### Shop

- Find stores with super food sales during special times such as “Friday and Saturday Blow-out Sales” or “10 Items for \$10.”
- Find a local farmers’ market. Fruits and veggies tend to be fresher and cheaper.

### Buy

- Buy store brands when the taste and quality suit your needs.
- Compare the unit price. The cost per ounce or per pound helps you find the best deal.
- Buy family packs of meats, cheese, poultry, and luncheon meats. Split the packs into servings, freeze, and use as needed.

### Track

- Know the normal prices of items you buy most often. A sale will then be easy to spot.
- Compare prices of nonfood items at the grocery store with the same item at a discount store.

Source: Adapted from Alabama Cooperative Extension — <https://www.aces.edu/blog/topics/for-you/ways-to-save-your-food-dollars>

## FOOD FACTS

# Raspberries and blackberries

**R**aspberries and blackberries are great when they are picked fresh. Many farms offer “pick-your-own” berry patches. If you pick enough, you can enjoy berries out of your freezer in other seasons.

Local raspberries and blackberries ripen after strawberries. You can gather wild raspberries and blackberries in late summer.

### Nutrition information

Berries are low in calories when eaten raw. A half-cup of berries has 30 to 40 calories. Limit the added sugar or highfat products like pie crust or whipped topping, which add calories and fat.

Choose healthy serving methods that will give you the least amount of fat and sugar. One-half cup of some berries has 100% of the vitamin C an adult needs. Berries are also rich in potassium.

### Storage

As soon as you get the berries home, check them over. Throw away any that show signs of decay, mold, or other spoilage. Use blackberries within a couple of days.

Raspberries are more fragile and do not stay fresh very long. Use raspberries right away.

### Preparation

Wash, drain, cover, and store blackberries in the refrigerator for later use. Store unwashed raspberries covered in the refrigerator. Wash them before using.

There are many uses for berries. Use them in baked goods, blender drinks, fresh with milk and sugar, in sauces, over desserts, or just eat them plain. Of course, putting up jams and preserves is a way to make sure you enjoy berries in the winter months.

Source: Adapted from <https://extension.umaine.edu/publications/4267e>



Welcome to August everyone! This summer keeps rolling by. We are one year removed from our devastating flood and recovery continues. I see a lot of progress being made. It will take some time, but we will get there, better than ever I believe. If you still need some assistance with your farm, give me a call. There may be some help available. We now have a no-till seed drill that can be rented as well as a powered post driver. If you are interested in either, give me a call.

### **CAIP GRANT**

Another program/grant coming soon is the CAIP grant. Hopefully we will be approved and have applications ready to hand out this month. If you are not familiar with this grant, it is a 50/50 cost-share grant to assist landowners and farmers to improve and invest in their operations. It can be used for animal, equipment, and infrastructure purchases. Just about anything pertaining to farming will qualify. There are certain requirements you need to meet to be eligible to apply for funding. If you would like to know more about this grant, just give me a call. I will be happy to walk you through the process. When applications are ready for pick up, I will post it on the Perry County Extension Service Web Page and in the Newspaper.

### **REGIONAL BEEKEEPERS WORKSHOP**

For all you Beekeepers, there will be a Regional Beekeeping Workshop on Saturday, August 12, 2023. It will be held at Jenny Wiley State Resort Park and begin at 9:00A.M. See enclosed flyer for more information. Along those same lines, currently I am not sure if the Perry County Beekeepers Association is meeting in August. I will send out a note to members and post it on the Perry County Cooperative Extension Facebook page if they decide to meet.

### **KENTUCKY STATE FAIR**

Don't forget that the Kentucky State Fair begins on August 17<sup>th</sup> and runs through August 27<sup>th</sup>. This is always a fun time for the entire family!

### **THE SCOOP ON HAMMERHEAD WORMS**

Below is an article on Hammerhead worms. There seems to be some fear associated with this worm, so I wanted to give you the scoop on them. They are probably in Perry County. I actually had a call from Leslie County from someone saying they had seen one at their home this year.

Over the last 2 years, the Extension Entomology group has received multiple inquiries about strange, ribbon-like worms with hammer or moon shaped heads. These are creatively named, hammerhead worms, and they are predaceous flatworms that look like something made up for Star Wars. There have also been some social media posts that promote fear about hammerhead worms. These slimy weirdos are in Kentucky, but luckily, they don't present a huge risk to humans, and there are some options if one is discovered on your property.



## Identification

Hammerhead worms are land planarians, a group of flatworms. Flatworms differ from the earthworms most Kentuckians are familiar with in that they are flat and unsegmented. Earthworms on the other hand have segmented bodies; those bands that can be seen on them mark the segments.

Hammerhead worms are of a similar hue to earthworms, typically light brown or honey in color. Some of the species seen in Kentucky have varying numbers of dark stripes that run down their back. For example, *Bipalium kewense* (also known just as hammerhead flatworm) has five dark lines, while *Bipalium pennsylvanicum* (the three-lined flatworm) has...three lines.

Hammerhead worms can be impressively long; some can be over 10 inches long. Aside from their size, the other thing most people notice is their weird-shaped hammer or half-moon-shaped head that gives the group their name.



**Figure 1:** Hammerhead worms are slimy, legless, predatory worms most noted for their hammer or half moon shaped heads. They feed on earthworms, snails, and slugs. (Photo © Jean-Lou Justine, Leigh Winsor, Delphine Gey, Pierre Gros, and Jessica Thévenot)

**What is the issue?** The two flatworms listed above are potentially invasive and definitely non-native organisms, which can have effects on Kentucky ecosystems. There are flatworms native to Kentucky; they have unfortunately been kind of lumped in with the invaders as “bad.”

One of the potential problems with hammerhead worms is due to their diet. They are predaceous, feeding on snails, slugs, and earthworms. Earthworms are broadly considered beneficial organisms and so there is worry that, if hammerhead worms were to fully “invade,” they may harm populations of nightcrawlers and other earthworms that provide ecosystem services by decomposing various materials in nature.

Finally, hammerhead worms do pose a slight medical and veterinary concern. Some species produce tetrodotoxins, which are potent and most famously associated with pufferfish. That being said, encountering or even accidentally making skin to worm contact won’t automatically kill you. Being aware of what these flatworms are and exercising caution around them is recommended, though. People should avoid handling or holding hammerhead worms. If these

worms are touched, wash your hands afterwards. Hammerhead worms are also potential hosts for rat lungworms, as are snails and slugs. Humans can acquire this parasite by consuming undercooked or raw snails, slugs, freshwater shrimp, crabs, and frogs. Because of the toxin and possible parasites, if you were considering it, **definitely do not eat** hammerhead worms!



**Figure 2:** UK Entomologists have received multiple reports of hammerhead worms in Kentucky. People should exercise caution around them and avoid handling with bare hands if at all possible. They may be found in damp areas and appear more frequently after a rain. (Photo: Whitney Cranshaw, Colorado State University, Bugwood.org)

**Are they in Kentucky?** The short answer is yes; these worms have been found in the state. Between 2020 and 2022, samples were confirmed from Letcher, Calloway, Pulaski, and Fayette counties. In 2023, more samples and photos were submitted from Marshall, Boyd, Casey, and Whitley counties, with some extras coming from Fayette County.

This suggests a possibly wide distribution in the state. While hammerhead worms aren't "actionable pests," meaning they don't have government actions associated with them, Kentuckians can help state entomologists keep track of these worms if they would like to e-mail photos and a location. Hammerhead worms are most likely to be found in warm, damp environments. They might be spotted under rocks and logs or in leaf litter. Sightings of hammerhead worms may increase on rainy days, particularly if the rainy day occurs after a dry period.

### Management

There isn't a true management tactic for these. No sprays or baits can be applied to prevent or control them. There are some things that can be done to kill an individual worm that is discovered. First, don't try to physically destroy or cut up the worms. Segmenting them can result in reproduction. Part of their body does naturally "fall off" and turn into a new individual, so don't help them with that process. Salting them, like you would a snail or slug, will destroy them. Do be cautious about not getting salt in the soil around your plants. Spritzing the hammerhead worm with vinegar or citrus oil can also kill it. If you need to isolate the treatment, you can pick up the hammerhead worm with tweezers or gloved hands and put in a sealable bag, then apply salt or vinegar.

BEEKEEPERS OF EASTERN KENTUCKY

# BEE CLASS

FREE ADMISSION | DONATIONS APPRECIATED



**Hands on class and conference!**

GUEST SPEAKERS:

STEPHANIE TARWARTER

JOSHUA CANTRELL

JENNIFER PRIDDY

RICK SUTTON

CLASS DISCUSSION:

- Fall colony management
- Mite washes and control
- Feeding for winter
- Colony health and disease

**AUGUST 12, 9AM**

## Most Needed Items

Bee suit  
Dadant, Mann Lake, and Bee and Honey Connection will bring all orders to conference, order what you need!

📍 Jenny Wylie State  
Park, Prestonsburg,  
KY



Our Contact: Rick Sutton 859-304-3103 |



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