

COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF KENTUCKY COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, LEXINGTON, KY. 40546
PERRY COUNTY OFFICE



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

**PERRY
COUNTY**

Newsletter


June 2023



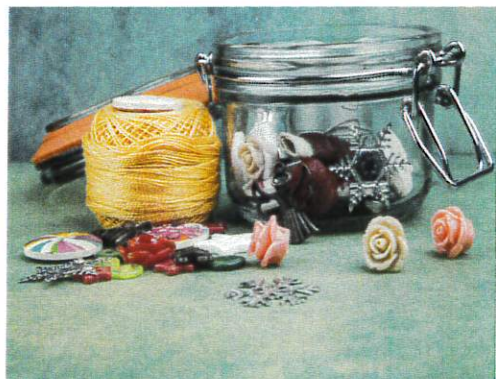
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Family & Consumer Sciences

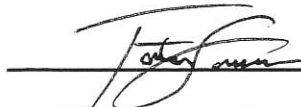
- ❖ *Come Sew with Us*
 - ❖ *Dining with Diabetes*
 - ❖ *Summer Painting Workshop*
- 

Kelsey Sebastian: Agent for Family & Consumer Sciences



4-H Youth & Community Development

- ❖ *Superstar Chef*
- ❖ *Gardening Day Camp*



Tate Sasser: Agent for 4-H Youth Development



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Agriculture & Natural Resources

- ❖ *Upcoming Events*
- ❖ *Gardening Tips*

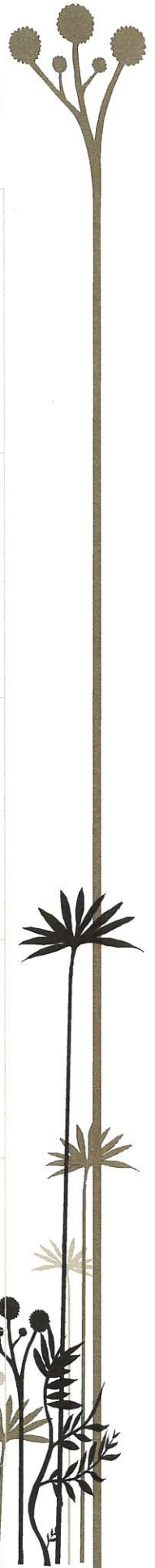


Charles E. May: Agent for Agriculture & Natural Resources



June

2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Cooking Through the Calendar 10:00 a.m. Hay Quality 101 5:30 p.m. Farmer's Market Opening Day	2	3	4
5 Charity Sewing 9:00 a.m. Homemaker Meeting 12:00 p.m. Dining with Diabetes 5:00 p.m.	6 Sheep on Surface Mines Tour 2:00 p.m.	7 4H Gardening Day Camp 11:00 a.m.	8 Come Sew with Us- Perry County 10:00 a.m.-2:00 p.m. 4-H Livestock Club 6 p.m.	9 Open Sewing 9:00 a.m.-2:00 p.m.	10	11
12	13 FCS Council Meeting 12:00 p.m.	14	15 Come Sew with Us- Wolfe County Perry Co Beekeepers Meeting 6 p.m.	16	17	18
19	20 Quilt Block of the Month 9:00 a.m.-12:00 p.m. H.E.L.P Group 4:30 p.m.	21 Superstar Chef 10:00 a.m.-2:00 p.m.	22 Superstar Chef 10:00 a.m.-2:00 p.m. 4-H Livestock Club 6 p.m.	23 Superstar Chef 10:00 a.m.-2:00 p.m.	24	25
26 Dining with Diabetes 5:00 p.m.	27 Summer Painting Workshop 1:00 p.m.	28	29	30		

June 2023



Block of the Month

Thanks to all who are participating in Block of the Month! The next class will be on June 20th 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 soon lap quilts for Bluegrass Care Navigators. The next sewing date is Monday June 5th upstairs in the Perry County Extension Service office building. Workshop 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

June 5th will be the next meeting of the Perry County Homemakers at 12pm. **This meeting will be a potluck so please remember to bring a dish.**

FCS Council Meeting

Members of the FCS Council will be receiving a letter in the mail about our upcoming meeting to discuss programming for the new year. Please keep an eye out! Lunch will be provided.

**Perry County
Cooperative
Extension Service**
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IN THIS FCS NEWSLETTER:

- CALENDAR DATES
- RECIPE
- HEALTH BULLETIN
- MONEYWISE



Upcoming Program Dates

- June 1st– Cooking Through the Calendar 10 a.m.
- June 5th– Charity Sewing Group 9 a.m.
- June 5th– Perry County Homemaker Meeting 12 p.m.
- June 8th– Come Sew with Us (must have preregistered) 10a.m.–2 p.m.
- June 9th– Open Sewing Day 9 a.m.–2p.m.
- June 13th– FCS Council Meeting at 12p.m.
- June 5th & 26th – Dining with Diabetes Program 5 p.m.
- June 20th– Block of the Month 9 a.m.–12p.m.
- June 21–23rd Super Star Chef Camp 10 a.m.–2p.m.
- June 27th– Summer Painting Workshop with Kenna’s Creative Canvas (preregistration required)

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 10 a.m. Our next class will be Wednesday June 1st. We’ll be making delicious Blueberry Cheesecake Bars. 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! June 9th from 9 a.m.–2p.m.

Drop it Like its Hot

Don’t forget it’s not too late to get back on track for 2023! Stop by our office any time during business hours to pick up the informational packets and weigh in when it’s convenient for you. **The first six people to weigh in this month will receive a health tracker notebook!** Those of who are participating keep up the good work!

Summer Painting Workshop with Kenna’s Creative Canvas

We are excited to welcome Kenna Spears on Tuesday June 27th for a Summer Painting Workshop at 1p.m. **This class will be FREE of charge to participants, but you MUST preregister by June 20th!!** Call our office to sign up today! 606–436–2044

Dining with Diabetes

We will be hosting the Dining with Diabetes program in four sessions. Join us at 5 p.m. on June 5th and 26th, July 17th and 31st. Each session we will discuss healthy food choices, new recipes, and cooking techniques, and continue to learn about diabetes nutrition. You’ll also receive some great incentive items! If you or someone you know are diabetic, please encourage them to participate. Participants who qualify can also take part in a research opportunity with the University of Kentucky. Call 606–436–2044 to register for Dining with Diabetes. For more information on the research project, Promoting Intergenerational Health in Rural Kentuckians with Diabetes (PIHRKD), contact: Brittany Smalls 859–323–4619 or Katsumi Lew 859–323–6371 ext. 31719

Italian Cucumber Salad

This cucumber salad is light, refreshing, and perfect on a hot summer day. Pairs perfect with your favorite burger or grilled chicken this summer.



Ingredients:

- 2 medium cucumbers, peeled and sliced
- 1 cup halved cherry tomatoes
- 1 cup sliced red onion
- ½ cup chopped green pepper
- ½ cup Italian dressing

Directions:

1. In a large bowl, combine all the ingredients.
2. Cover and refrigerate until serving.
3. Serve with slotted spoon.

Notes

Add more color and nutrition by adding red, yellow, or orange bell peppers, banana peppers, or hot peppers to this dish.

Nutrition facts per serving: 106 calories; 8 g total fat; 1 g saturated fat; 0 g trans fat; 0 mg cholesterol; 341 mg sodium; 8 g carbohydrate; 2 g fiber; 2 g protein

Don't forget to check out our local Farmers Market for the freshest produce! The Perry County Farmers Market is open Thursdays 4-7pm and Saturdays 8 am-12 pm.



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ADULT HEALTH BULLETIN



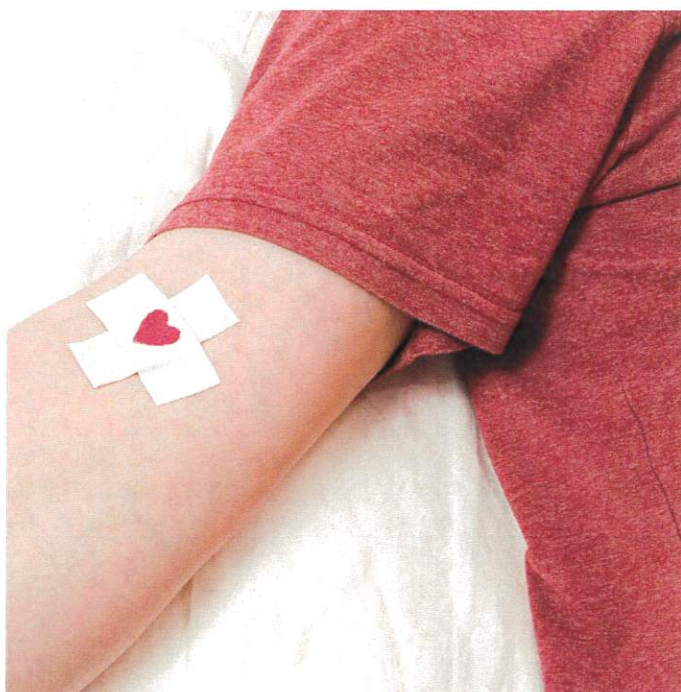
JUNE 2023

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

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THIS MONTH'S TOPIC:

BECOME A BLOOD DONOR



Blood is a precious gift that one person can give to another person. It is the gift of life. A decision to donate your blood can save more than one life. One donation can save up to three lives. There is a constant need for a regular supply of blood because it can only be stored for a limited time. Regular blood donation ensures that blood will always be available whenever and wherever it is needed.

There are many reasons why a person may need a blood transfusion. For example, women with complications during pregnancy and childbirth; children with severe anemia, often resulting from malaria or malnutrition; accident victims; and surgical and cancer patients, among others, may need blood. There is no substitute for human blood. Those who need blood rely on live human donors.

Continued on the next page →



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

There is a constant need for a regular supply of blood because it can only be stored for a limited time.



→ **Continued from the previous page**

Most adults who are healthy and do not have a transmissible infection are eligible to donate. Healthy adults can give blood regularly — at least twice a year. Your local blood service can tell you how frequently you can give blood.

Donating blood is very simple. Blood drive workers help donors feel as comfortable as possible, usually in a special chair or on a bed. A trained health worker cleans the area inside one of your elbows with an antiseptic solution before inserting a sterile needle, connected to a blood collection bag, into your vein. It usually takes about 10 minutes to donate blood. After resting for 10 or 15 minutes and taking some refreshment, you can return to your normal activities. However, you should avoid strenuous activity for the rest of the day. You should drink plenty of fluids over the next 24 hours.

The Red Cross and many local hospitals and nonprofit health organizations organize blood donation drives on an ongoing basis in many communities. If you are interested in becoming a blood donor and saving lives, reach out to a blood donation organization or your local hospital today!

REFERENCE:

<https://www.who.int/news-room/questions-and-answers/item/blood-products-why-should-i-donate-blood>

**ADULT
HEALTH BULLETIN**

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University of Kentucky
College of Agriculture,
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Cooperative Extension Service

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 6

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

THIS MONTH'S TOPIC: SAVING MONEY ON MEDICAL EXPENSES

When you need to see a doctor or refill a medication, worries about money can cause people to put off getting the care they need. Whether an expensive medication or a doctor's appointment, it can be hard to budget for health-care costs. Learning ways to lower medical expenses can help you stay healthy physically and financially.



LOWERING PRESCRIPTION COSTS

One way to lower medication costs is by shopping around at different pharmacies for the best price. While it can be convenient to go to the same pharmacy every time you need to fill a prescription, try using multiple pharmacies if it can lower your costs. You also can ask your pharmacist about any savings plans your pharmacy offers and if your medications qualify for discounts. You may save money by ordering through the mail or buying in bulk. For example, a 90-day supply of your medicine may have a cheaper price than the standard 30-day supply.

Another way to save money on prescriptions is to ask your doctor about using generic brands. Some doctors might only tell you about the name brand, but there may be cheaper versions that are just as good. The Food and Drug Administration regulates

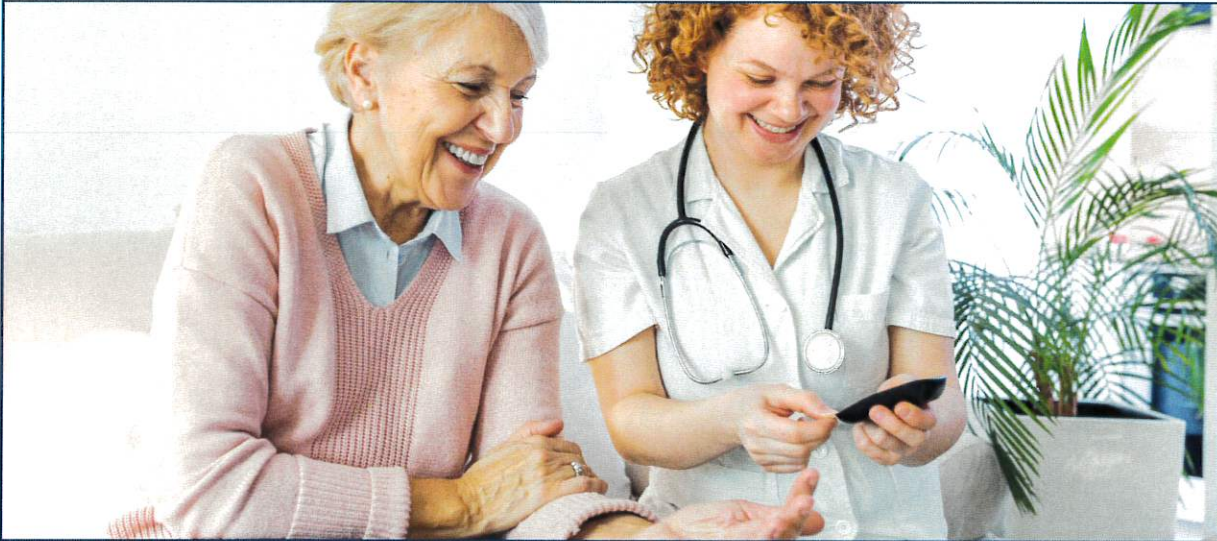
both generic and name-brand prescriptions, ensuring they have the same active ingredients that treat the same conditions. If there is not a generic form of your prescription, ask your doctor if there are more affordable alternatives that can treat the condition.

STAYING IN-NETWORK

To save money at the doctor's office, review your health insurance policy to identify which doctors are in your network. Going to an out-of-network doctor can greatly increase your copayments. Your insurance company negotiates prices with approved providers, which basically allows you to pay a discounted rate on their services. Being aware of the physicians in your network will save money over out-of-network providers.



A KEY TO KEEPING MEDICAL EXPENSES DOWN IS TO SCHEDULE ANNUAL CHECKUPS WITH YOUR DOCTOR



CONSIDER AN HSA

Check to see if you can set up a Health Savings Account (HSA) with your health-care plan. You can add to an HSA with pre-tax dollars through your employer or through a high deductible health plan that meets Internal Revenue Service requirements. The money you put in an HSA can earn interest, and when you take money out for medical expenses, insurance premiums, or deductibles, it is tax-exempt.

HEALTH IS AN ASSET

Finally, a key to keeping medical expenses down is to schedule annual checkups with your doctor. Having regular physical examinations, or well-visits, allows your doctor to watch a condition at its earliest stages. Keeping an eye on things like blood pressure and blood glucose levels can help you take steps to lower your risk of developing conditions in the future like heart disease or diabetes.

View your health as an asset. Forming healthy habits with diet and exercise can help in lowering the

likelihood of developing certain medical conditions that may be costly to you physically and financially. Additionally, if you have a medical condition, it is important to follow the guidelines that your doctor gives you about managing your lifestyle and medication. Preventing a bigger issue will be much cheaper than paying for it afterward.

Don't let the costs of health care keep you from getting the medical services you need. Be proactive in finding ways to save money on medical expenses.

REFERENCES:

NH Health Cost. *What kind of accounts can I use to set aside money for medical cost?* <https://nhhealthcost.nh.gov/guide/question/what-kind-accounts-can-i-use-set-aside-money-medical-cost>

National Library of Medicine. *Eight ways to cut your health care costs.* <https://medlineplus.gov/ency/patientinstructions/000870.htm>

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4-H YOUTH DEVELOPMENT



Superstar Chef

In partnership with our FCS Kelsey, we will be hosting Superstar Chef training for all youth ages 9-12. This will be a 3-day camp, June 21-23 from 10am-2pm. Call to register as limited spots are available!

Gardening Day Camp

In early June we will be hosting a Gardening Day camp here at the Extension Office. This will be for youth ages 9-18, they will learn about gardening skills, techniques, and how to prepare and preserve the vegetables that they harvest.

This program does not have a date set yet, so please call the extension office for accurate information on when it will be hosted. Lunch will be provided to all who register.

Agriculture

Perry Co. 4-H has recently partnered with the Perry Central agriculture class to educate students on the science of fruit tree grafting. Each student had the opportunity to graft their own tree to a piece of root stock that they got to take home with them. If your child attends Perry Central and has an interest in agriculture, be sure to sign them up for this class next fall!

Livestock Programs

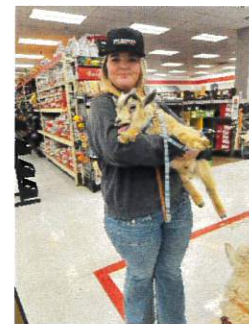
Our Livestock Club has begun. If your child has any interest in participating in Livestock

showing, judging, or our Livestock Skillathon, please be sure to attend our next meeting! This club will meet every other Thursday at 6 pm.

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.





FOOD FACTS

Blueberries

- **Season:** Mid-June through July
- **Nutrition facts:** One half cup of blueberries has 40 calories and adds 22% of the Daily Value of fiber. Blueberries are rich in vitamin C and do not have any fat or sodium.
- **Selection:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is called a bloom.
- **Storage:** Cover and keep blueberries chilled for up to 14 days. Wash them just before using.
- **Preserving:** To freeze, place blueberries, unwashed and fully dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, move them to plastic freezer bags or freezer containers.
- **Preparation:** Serve blueberries fresh or in a cooked dish. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

Adapted from <https://fcs-hes.ca.uky.edu/commodity/blueberry>

COOKING WITH KIDS

Strawberry Smore

No campfire needed for these fruity graham cracker snacks.

- 2 strawberries
- 1 graham cracker (broken in half)
- 1/8 cup yogurt, low-fat vanilla

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse the strawberries in water.
3. Slice the strawberries.
4. Add the yogurt and strawberries to half of the graham cracker.
5. Top with the other half of the graham cracker.
6. Enjoy at once.

Notes: Substitute any desired low-fat yogurt flavor. Try other fruits like blueberries, bananas, etc.

Nutritional facts per serving:
100 calories; 2g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 80mg sodium; 19g carbohydrate; 1g fiber; 10g total sugar; 6g added sugar; 3g protein; 0% daily value of vitamin D; 6% daily value of calcium; 6% daily value of iron; 2% daily value of potassium.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-smores>



RECIPE

Barbecue Chicken Salad

- 1 head romaine lettuce
- 2 cups cooked shredded chicken
- 2 cups apples, diced
- 1/2 cup thinly sliced red onion
- 1 cup sharp cheddar cheese, shredded
- 1/3 cup reduced-fat ranch dressing
- 1/4 cup barbecue sauce

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large bowl, tear lettuce into pieces and place in bottom; layer lettuce, chicken, apples, red onion, and cheddar cheese.
3. In a separate small bowl, whisk together ranch dressing and barbecue sauce. If dressing is too thick, thin with a little water.

4. Drizzle salad dressing over salad mixture and toss. Or serve dressing on the side.
5. Serve at once.

Servings: 6
Serving size: 2 cups

Nutritional facts per serving:
360 calories; 12g total fat; 1g saturated fat; 0g trans fat; 90mg cholesterol; 630mg sodium; 27g carbohydrate; 5g fiber; 16g total sugar; 0g added sugar; 30g protein; 0% daily value of vitamin D; 20% daily value of calcium; 15% daily value of iron; 15% daily value of potassium.

Source: Healthy Choices for Every Body Curriculum: Brooke Jenkins-Howard, Nutrition Education Program Curriculum Coordinator, University of Kentucky Cooperative Extension Service

Happy Father's Day!

To be equal and fair, I would like to start off by wishing a **Happy Father's Day** to all the dads out there. The power you have in a child's life is unmatched. I hope each of you have a relaxing special day.

Upcoming Events

Below are a few upcoming events that some of you may be interested in.

Perry County Fair

The Perry County Fair will be June 15th 16th & 17th in the Perry County Park. It looks like they have a lot of great events lined up, you can check these out at www.perrycountykyfair.com

Perry County Beekeepers

The Perry County Beekeepers Association will meet on **Thursday, June 15, 2023, at 6:00 P.M.** We will be meeting in the Perry County Extension Annex Building. The Annex is located directly behind the Extension Office. Everyone is welcome whether you are a Beekeeper or just interested in Beekeeping. The topic will be honey harvesting.

CAIP Grant

We received the additional funds from the Tobacco Settlement Trust we were waiting on, so we will start the process soon of running a CAIP Grant. 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 at the Perry County Extension office. I will be happy to walk you through the process.

Perry County Farmer's Market

The opening day for the Perry County Farmer's Market is **Thursday, June 1, 2023**. It will open at 4:00P.M. and run until 7:00P.M. on Thursdays and 8:00A.M. to noon on Saturdays.

You can check out the schedule of events on the Market's Facebook page @ Perry County KY Farmer's Market. If you are interested in becoming a Perry County Farmer's Market vendor, you can get an application at 420 Main Street, Hazard, KY 41701 or contact Kiristen Webb at (606) 275-1425 or email kiristen@appalachianky.org

4-H Camp

4-H Camp for Perry County will be August 1st through August 4th. If you have children that may be interested, contact the Perry County Extension Office, or stop by and pick up a camp application.

Hay Quality 101

The University of Kentucky Robinson Center for Appalachian Resource Sustainability (RCARS) will be having a Hay Quality 101 program on **Thursday, June 1, 2023**. It begins at 5:30PM. There will be educational programs on hay production and hay quality as well as a seed drill demonstration. Meade tractor and Holbrook Equipment will have hay equipment on hand for you to look at. A meal will be served so please register with your local County Extension Office to assist with the meal count. See enclosed flyer.

Sheep Field Tour & Lamb Dinner

The Southeast Kentucky Sheep Producers Association will be hosting a

Sheep Field Day and Hoof-Health Clinic on **Tuesday, June 6, 2023**. The event will begin at 2:00PM and will conclude around 7:00PM. It will be held at the Daniel Summer Farm in Perry County. See enclosed flyer for directions and a listing of events planned. They are serving a Lamb dinner so please register with your local County Extension Office if you plan to attend.

2023 Gardening Information

If your garden got flooded in the July 2022 flood, you may want to wait another year before planting root crops. Most soil tests I have ran for heavy metals are showing elevated levels. All other crops should be fine to grow. If you haven't had a soil test and want to check for heavy metals, bring one into our office and I will run it for you free of charge.

Hopefully we don't encounter anymore flooding but if your garden does get flooded this season, remember, do not consume or sale any vegetables at the Farmer's Market that had floodwater from a stream or runoff water on or around them. The Extension Service has information available on dealing with flooded gardens, what can be used and what needs to be discarded. Give the Perry County Extension Service or your local Extension Service a call if you would like information on this. Remember this saying, if in doubt, throw it out.

I am sure the moderate temperatures have continued the early trend of slow growth. However, as more sun hits garden plants and accelerates growth, vegetables should begin to flower, develop fruit and eventually ripen.

Gardeners should keep an eye on changing weather patterns to ensure

their plants receive the right amount of water. High temperatures are good for some vegetables, such as tomatoes, but the heat may wilt other vegetables if they do not receive sufficient water from either rainfall or irrigation.

To ensure healthy plants and good harvests, gardeners should make sure to irrigate plants when rainfall (roughly 1-inch per week) is insufficient. A water gauge, available at home supply stores, is an easy and inexpensive way to track rainfall totals. This simple tool can help you conserve water, since you'll know when to turn on the hose and when to leave it off. If you don't have a rain gage, you can place an open-faced can, such as a coffee can, near the garden and check to see how much rain it collects. Be sure to empty the can periodically so that mosquitoes do not breed. You can also stick your finger into the soil to feel how moist or dry it is—water when the soil is dry to the first knuckle. And later in the summer, watch for a reversal of weather conditions, as periods of limited rainfall are a common occurrence in August into September.

Blossom end rot on tomatoes can be real problem from inconsistent watering. It is technically caused by a calcium deficiency in the plant or the fruit. But in many cases, it's not a lack of calcium in the soil, but rather an environmental factor that stops the plant from taking up calcium. Plants take up calcium via their transpirational system. As plants move water through the roots to the leaves and out the stomata, calcium moves into the plant. But in areas of severe drought, blossom end rot will appear because there is no water to move the calcium to the plant. To make matters worse, calcium is immobile in the plant, meaning

it can't move from an area of low demand to an area of high demand, so even temporary deficiencies can cause permanent damage. When temperatures exceed 100 degrees, many plants will close stomata to conserve water, thus closing the path for calcium to get inside. Unfortunately, there's nothing you can do to correct the problem; once blossom end rot appears it can't be reversed. The fruit is safe to eat, just cut off the bottom part and remember you are not able to commercially sell them.

There are some things you can do to prevent blossom end rot. If we see high temperatures this summer, try to minimize them for the plants by providing some kind of shade and giving them adequate water. Don't overdo it with the tiller. If you till too deep or too often you may prune off feeder roots, which supply water and calcium to the plant.

Here are some tips for a bountiful garden:

- Use newspapers (a few layers) and grass clippings (from lawn that has not been treated with herbicides), to mulch around your plants, not landscape mulch. To reduce competition, reduce weeds with compost, black plastic, or hoeing.
- Work compost into the ground so that it doesn't form a hard crust, which can cause rain to run off rather than soak into the soil.
- Gather produce early in the day, after the early morning dew has dried.
- Choose ripe fruits and vegetables that your family will be able to consume in a timely manner.

- Consider freezing any extra fruits and vegetables. Many, such as peas, peppers, beans and corn freeze well. Just rinse, cut into appropriate pieces, and place in a freezer-safe container or bag. (If you want individual pieces of the vegetables, place them on a sheet tray lined with parchment to freeze and then transfer to the freezer-safe container or bag when frozen.) You can use extra basil to make into pesto and freeze as well. You can also freeze fresh herbs with water in ice cube trays, a handy way to have "fresh" flavors.
- Remove and discard any vegetables that are damaged, blemished, or showing signs of disease or pests. (It's best to remove these from the garden area. Composting and feeding them to chickens are great ways to get rid of excess vegetables.)
- Harvest often to ensure a steady supply of tender and sweet vegetables and to prevent bolting. Allowing vegetables such as broccoli and cabbage to sit on the stem for too long, especially in warm temperatures, results in an unpalatable bitterness. It also gives wildlife and pests too many opportunities to ruin your hard work.

Do not forget that the Extension Service provides free plant disease diagnostic services. If you have a problem, give us a call.

COOPERATIVE EXTENSION



HAY QUALITY 101

JUNE 1, 2023

5:30PM

FEATURING

DR. JIMMY HENNING
DR. BOB COLEMAN
TODD HOLBROOK (HOLBROOK EQUIPMENT)
CHAD ALLEN (MEADE TRACTOR)
MEAL WILL BE SERVED

SEED DRILL DEMO

COME CHECK OUT THE NEW SEED DRILL PURCHASED AND HOUSE AT RCARS FOR PROUDCER USE HERE IN EASTERN KENTUCKY!

HAY QUALITY 101

COME SPEND THE EVENING LEARNING ABOUT HAY PRODUCTION AND WHY QUALITY IS IMPORTANT. FEATURING HIGHLIGHTS AND DEMONSTRATIONS ON HOW TO USE PRODUCTS

PLEASE CALL YOUR COUNTY EXTENSION AGENT TO REGISTER!

**UNIVERSITY OF KENTUCKY
RCARS (ROBINSON CENTER FOR APPALACHIAN RESROUCE SUSTAINABILITY
130 ROBINSON ROAD, JACKSON, KY 41339**

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Community and Economic Development

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Lexington, KY 40506



Disabilities accommodated with prior notification.

SHEEP FIELD TOUR, HOOF-HEALTH CLINIC & LAMB DINNER



The Southeast Kentucky Sheep Producers Association (SEKSPA) and the Perry, Breathitt, Knott, Leslie, Letcher and Harlan County Extension Offices invite you to attend a **Field Tour, Hoof-Health Clinic** and **Lamb Dinner** on a reclaimed surface mine in Perry Co, KY to demonstrate the productivity potential of reclaimed surface mines in our region.

Tuesday, June 6th at 2:00 pm

There are approximately 735,000 acres of surface mines in Central Appalachia that have been reclaimed to hay and pastureland, most of which are in the coal fields of Eastern Kentucky. SEKSPA is conducting a large-scale, open-range sheep grazing project in Perry County.

Location: Daniel Sumner Farm
1297 Right Fork Montgomery Creek Road,
Vicco, KY 41773

(GPS will get you to the top of the mountain where the pavement ends and where the gravel road to Daniel's house starts. Signs will show where to go from there)

- **2:00-5:00 pm** - Field Tour of Surface Mine & Herding Dog Demonstration
- **5:00-6:00 pm** - Lamb Dinner
- **6:00 pm** – Hoof Health and Hoof Trimming Clinic

Registration is required by texting your name, number in attendance and email address to 606-312-5264. Registration is FREE for SEKSPA members and includes a delicious Lamb Dinner! SEKSPA membership is \$10.00 per year.



Hoof-Health Clinic paid for by the Kentucky Sheep & Goat Check-Off



University of Kentucky Cooperative Extension worked to provide relief and support to citizens who were affected by flooding in July 2022. Flood and other natural disaster responses were distributed across the Commonwealth, including Perry County. Extension agents and volunteers collaborated with community partners to provide medical care and other necessities to Kentuckians in need. This brief report highlights the outcomes of this initiative.

Meals Provided to Those in Need

Extension worked to provide food, water, and essential items. East Perry worked with World Central Kitchen to provide meals to families displaced by the flooding. Agents also cooked for residents in remote areas of the county, so to help feed those who had no means to cook for themselves. More than 400 people were given at least one hot meal from the Extension Service.

Farming Needs Met

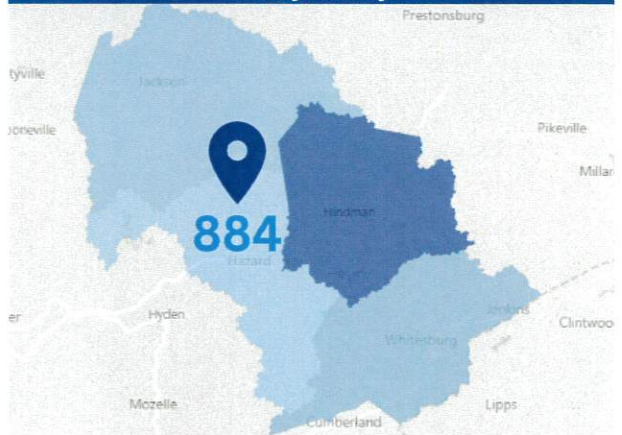
Extension agents worked with Mountain Cattlemen Association Leadership to secure space to store and distribute donations. In the four months following the flood, ten tractor trailer loads of feed, more than 6500 bales of hay, fencing supplies, and other farm necessities. These items came in from neighboring state and as far away as Colorado and South Carolina. A needs assessment was used to identify farmers who had immediate needs, helping to determine how to best allocate donated good and funds.

Cleaning Supply Donations

An Extension agent volunteered at the East Perry Elementary School and the Buckhorn Community Center and packed donated cleaning supplies, as well as health and safety information, to distribute to affected residents.

Multiple entities donated and assisted us in this work. We thank them for their dedication and help.

Hours Invested by 100% of Extension Employees in Perry County





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