

Trimble County Extension August 2023 ~ Newsletter



*4-H Youth Development
Family & Consumer Sciences
Agriculture and Natural Resources*

Trimble County
43 High Country Lane
Bedford, KY 40006
Phone (502) 255-7188
<http://trimble.ca.uky.edu>

Cook Wild Kentucky Saturday, Sept 9, 2023 9:00 - 1:00 p.m.



- **KY Hunting Rules & Regulations**
 - Becky Bloomfield, KY Dept Fish & Wildlife
- **Shot placement**
- **Meat Processing**
 - Gregg Rentfrow, Univ of KY Meats Lab
- **Door Prizes & Giveaways**

Class limited to 30 participants.

Registration fee: \$10

Lunch provided.

Participants will take home a complete set of Cook Wild KY recipe cards.



Register online at:

**<http://app.fw.ky.gov/eventregistration/startpage.aspx?REGID=373>
or call (502) 255-7188 to rsvp by September 1**

**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.

4-H Youth Development

4-H LIVESTOCK CLUB



2023 COUNTY FAIR 4-H SHOWS/CLUBS

The 4-H Livestock Auction was held on Friday night of the county fair. Thanks to very generous buyers the club members raised \$36,800 for their animals.

Thank you to our club leaders and parents for helping the 4-H Club members have a successful year and show.

The 4-H Horse Club members were able to participate and help with the County Fair Horse Show.



4-H HORSE CLUB



Ralph R. Ham III
Extension Agent for 4-H Youth Development

Family & Consumer Sciences

Janos Proctor
Agent for Family and Consumer Sciences



Trimble Thimbles Sewing Group
Summer Schedule !!
4th Tuesday of the month: 5:30 - 8:00 p.m.
August & September
Trimble County Senior Center (County Park)
Experienced or beginner, all are welcome!

Simply Sharing Homemaker Group

Wednesday, August 16, 2023 10:30 a.m. at
Trimble County Extension Service
Call for details (502) 255-7188



PRESERVING YOUR GARDEN

You can get a copy of all UK Cooperative Extension Service canning publications at our office or online.

<http://fcs-hes.ca.uky.edu/publications-list/22>

Find help with choosing the right equipment and canning and freezing instructions.

Home Canning Basics

Home Freezing Basics

Freezing vegetables

Drying Foods at Home

Home Canning Salsa

Home Canning Fruit

Home Canning Tomatoes and Tomato Products

and many more ...



Agriculture & Natural Resources

If you have applied for County Agricultural Investment Funds (CAIP) and are needing your education credits, these classes that were held in 2023 are eligible:

- Private Pesticide Applicator Certification and Weeds Update- Oldham County
- Horses and Horseman
- Beekeeping Basics
- Making Maple Syrup
- Pasture Management
- Weed Management- Carroll County
- Raising the Steaks and Chops Series- in Shelby and Henry Counties
- Farm Safety & Pasture Management
- Spring Backyard Garden Series
- Birding in the Bluegrass
- Planting for the Birds, Bees, and Butterflies
- Small Ruminant Quality Assurance
- Cattle Reproduction and Record Keeping
- Raising Backyard Poultry
- Any Organic Association of Kentucky Field Days
- Any Kentucky State Third Thursday Things



Questions on anything else that is not listed contact me at the Extension office for approval. More educational opportunities will be offered this fall.

Contact information: (502) 255-7188 or regina.utz@uky.edu

Regina Utz
Agent for Ag & Natural Resources



Making Forages Work for You

Thursday, August 3, 2023 at 6:00 p.m.

Oldham County Extension, 205 Parker Drive, La Grange

Pasture Seeding & Stockpiling Fescue
Traci Johnson, Oldham County Agriculture Agent

Bale Grazing
Megan McCoun, Henry County Agriculture Agent



TRIMBLE COUNTY FARMER'S MARKET

Farmers Market Back to School Bash

August 3, 2023
3:00 - 7:00 p.m.
Courthouse Square
Bedford, KY

Teacher Appreciation Basket Giveaway!
Community Event! Come join in the fun!

Reminder: Farmers Market each Thursday, 3:00 p.m. through October

Upcoming Events & Dates: August/September

August 3rd: Trimble County Farmer's Market Trimble County Courthouse, 3-7pm

August 3rd: Making Forages Work for You
Oldham County Extension Office, 6 pm.

August 17th-27th: Kentucky State Fair: Louisville, KY

August 17th: Third Thursday Thing-
Sustainable and Organic Agriculture
KYSU Harold R. Benson Farm, 10 am -OR- www.youtube.com/kysuag/live

September 5th: OAK Farmer Field Day- Scaling Up While Lessening the Work:
Farmer Collaborations and Efficiencies Flourishing Herbs Farm Scottsville, KY 1-4pm CST
Registration Required! <https://www.oak-ky.org/field-days>

September 9th: Cook Wild
Trimble County Extension Office, 9:00 am - 1:00 p.m.

September 21st: Third Thursday Thing-
KYSU Harold R. Benson Farm, 10:00 a.m. -OR- www.youtube.com/kysuag/live

September 21st: Beef Bash Versailles, KY 1:00 - 8:00 p.m.
Registration Required! <https://www.eventbrite.com/e/beef-bash-2023-tickets-653214491127>

September 26th: Regional Beef Field Day 4:00 p.m.
Reality Farms, 794 Port Royal Rd. Campbellsburg, KY

September 27th: All About PawPaws
Trimble County Extension Office, 1:00 p.m.



JULY / AUGUST 2023

HEALTHY CHOICES FOR HEALTHY FAMILIES

UK Cooperative
Extension Service



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

Summer is time for kids to try new foods

Summer brings lots of tasty new foods. This is the perfect time to bring new fresh fruits and veggies to the whole family.

Try these four summer superstars:

Berries

Strawberries, blueberries, raspberries, and blackberries have vitamin C and antioxidants. The berries can support kids' total health. They are also a good source of fiber!

Avocados

Add avocados to tacos or use them as a spread on grilled cheese sandwiches. You can also serve them with some eggs and fruit in the morning. Avocados have heart-healthy monounsaturated fat. They also have fiber, vitamin E, potassium, and vitamin C.

Tomatoes

Tomatoes have fiber, vitamins A and C, and potassium. You can buy tomatoes



in many colors and sizes. The amount of water in tomatoes makes them a good hydrating choice. Add tomatoes to sandwiches or chop them up and toss them into salads and pasta dishes. Your kids can help you make fresh salsa!

Watermelons

Nothing says summer like a fresh slice of watermelon. Watermelon has one of the highest water contents of any food. This makes it great for keeping kids hydrated on hot, scorching days. It is also packed with vitamin C and lycopene. Watch out for seeds. The seeds could be a choking hazard for young children. Serve watermelon wedges for dessert or cut into cubes and mix into a fruit salad!

Farmers' markets are a great place to buy fresh-picked foods. A lot of markets now take SNAP benefits.

For a directory of Kentucky's summer farmers' markets, go to <https://www.kyproud.com/farmers-markets> or contact your local county Cooperative Extension Service: <https://extension.ca.uky.edu/county#county-alpha>

Source: Adapted from <https://www.eatright.org/food/planning-and-prep/cooking-tips-and-trends/summer-is-time-for-kids-to-try-new-foods>

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Lexington, KY 40506



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HEALTHY CHOICES
FOR HEALTHY FAMILIES



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>

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>

SMART TIPS

Make better beverage choices

Make healthy drink choices. Limit the amount of added sugars, saturated fat, and sodium. Start simple with these tips today:

Drink water

Drink water instead of sugar-sweetened beverages. Regular soda, energy or sports drinks, and other sweetened drinks often have a lot of added sugars.

Encourage kid-friendly drinks

Make water, low-fat or fat-free dairy milk, or unsweetened seltzer the go-to choices for your kids. Limit the amount of 100% juice you serve.

Compare food labels

Use the Nutrition Facts label when shopping for drinks. Compare calories and the added sugars.

Cut coffee calories

Skip the whipped cream and chocolate or caramel drizzle. Try low-fat milk and a sprinkle of cinnamon or nutmeg.

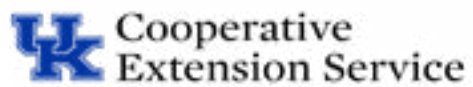
Grab a bottle and go

Carry a clean, reusable water bottle in your bag to fill up during the day. Tap water is often easy to find.

Jazz up your drink

Perk up your plain water or seltzer with citrus slices. Try some fresh mint leaves or a few fresh or frozen berries.

Source: Adapted from <https://www.myplate.gov/tip-sheet/make-better-beverage-choices>



Trimble County
PO Box 244
43 High Country Lane
Bedford, KY 40006-0244

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