

# Trimble County Extension February 2023



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

Trimble County  
43 High Country Lane  
Bedford KY 40006  
Phone (502) 255-7188  
www.trimble.ca.uky.edu

## Families in the Kitchen...

**COOK TOGETHER**  **EAT TOGETHER**  
**Six week series** **Free Event**

- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun, and delicious
- Learn how to make healthy and affordable recipes
- Learn how to make a vegetable "taste as good as a French fry"
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget



USDA

Supplemental  
Nutrition  
Assistance  
Program

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

**DATE:**

February 14, 21, 28 - 2023  
March 14, 21, 28 - 2023

**LOCATION:**

Trimble County Cooperative Extension  
43 High Country Ln., Bedford, KY 40006

**TIME:**

All sessions will be from 4:00 - 6:00 PM  
No cost to attend!

**CONTACT:**

MUST RSVP by February 10, 2023  
Call (502) 255-7188

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



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

# Family & Consumer Sciences

Agent for Family and Consumer Sciences



## Macaron Class

February 7, 2023 6:30 PM

This is a virtual Class - two ways to join:  
You can join online from home by registering through the Pendleton County Extension Office at (859) 654-3395.

or

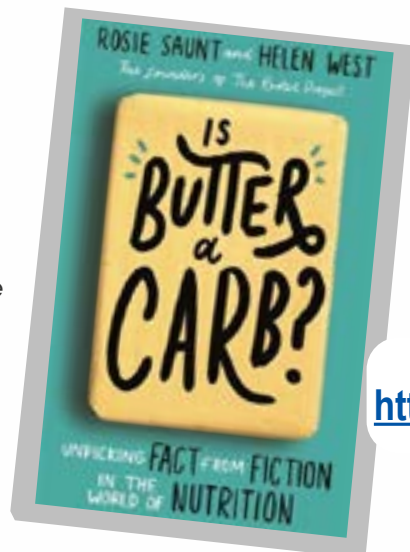
You can come watch in-person at the Trimble County Extension Service 43 High Country Lane, Bedford, KY.

We request an rsvp to (502) 255-7188 by 2/3/23.

## BIG BLUE BOOK CLUB IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



**Zoom Sessions:**  
March 2, 9, 16, & 23  
10:00 a.m.

Register at:  
<https://ukfcs.net/BBBC23Book1>

BOOK CLUB WILL BE HELD ON THURSDAYS VIA ZOOM

## Beef on a Budget

March 7, 2023 6:30 PM

Learn how to maximize your beef dollar at the grocery store. Learn nutritional benefits of beef, budget friendly beef cuts, proper storage, shopping tips when purchasing beef and delicious recipes.



This is a virtual Class - two ways to join:

You can join online from home by registering through the Boone County Extension Office at (859) 586-6101 or boone.ca.uky.edu.

or

You can come watch in-person at the Trimble County Extension Service 43 High Country Lane, Bedford, KY.

We request an rsvp to (502) 255-7188 by 3/3/23.

## Homemaker News . . .

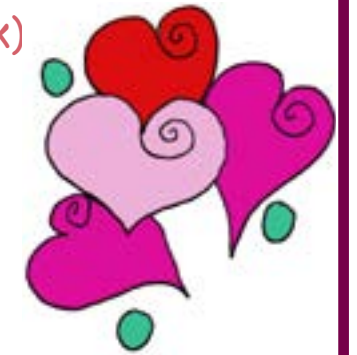
### Trimble Thimbles Sewing Group

Saturdays, 11:00 a.m.

at the Trimble County Senior Center (County Park)

3240 Hwy 421N • Bedford, KY 40006

Experienced or beginners, all are welcome!



### Simply Sharing Homemaker Group

Wednesday, Feb 15, 2023 10:30 a.m.

"Amazing Appetizers"

Trimble County Extension Service

Call to rsvp: (502) 255-7188 by February 14, 2023

### Homemaker Cultural Arts Program

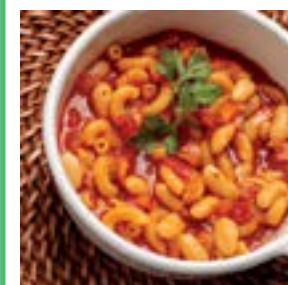
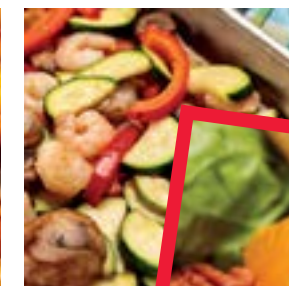
Open to all homemaker members!

Submit entries to the Trimble Extension Service

by March 1, 2023.

Call for a list of categories (502) 255-7188.

Available now!  
Stop by Trimble  
Extension today!



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



USDA  
Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach

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

# Agriculture & Natural Resources

I am currently working to start a farmer's market here in Trimble County. If you or someone you know is interested in participating or helping put one together, please contact me for further discussion.

A list of the next couple of month's upcoming events is below.

Do not hesitate to reach out with any questions you may have regarding programs or your agriculture needs. I am happy to be of help - Stay Warm!

*Regina Utz*

Agent for Ag & Natural Resources

Contact Information: (502) 255-7188 or [regina.utz@uky.edu](mailto:regina.utz@uky.edu)

## Upcoming Events & Dates

### FEBRUARY

#### February 6th: Beekeeping Basics

Trimble County Extension Office, 6 pm Meal provided, please rsvp (502) 255-7188

#### February 8th: Making Maple Syrup

Trimble County Extension Office, 10 am Please rsvp (502) 255-7188

#### February 13th: Pasture Management

Trimble County Extension Office, 6 pm Please rsvp for the meal (502) 255-7188

#### February 13th: Trimble County Cattlemen's Meeting

Trimble County Extension Office, 6 pm Please rsvp for the meal (502) 255-7188

#### February 16th: Third Thursday Thing: Organic Agriculture

KYSU Harold R. Benson Farm, 10 am -OR- [www.youtube.com/kysuag/live](http://www.youtube.com/kysuag/live)

#### February 18th: Invasive Plant Removal Workshop

Oldham County: Wilborn Park/L&N Lake, 10 am

#### February 19th & 26th, March 4th & 11th: Beginner Beekeeping Survival Series (4 part)

Register here: <https://www.eventcreate.com/e/beekeepersurvival>

#### February 21st: Weed Management

Carroll County Extension Office, 6 pm Please rsvp to Trimble at (502) 255-7188

#### February 21st-22nd: Mid-South Stocker Conference, WKU Research Farm

Register here: <https://www.eventbrite.com/e/483761211807>

#### February 28th: Raising the Steaks and Chops Series (1of 4)

Multi-county event, 6 pm Register by calling (502) 255-7188

### MARCH

#### March 7th, 14th, & 21st: Raising the Steaks and Chops Series

Multi-county event, 6pm Register by calling (502) 255-7188

#### March 8th: Integrated Pest Management School

[https://uky.zoom.us/meeting/register/tZYqduitrjlsGdZk53kIXjUTc\\_vgNdkT-bBp](https://uky.zoom.us/meeting/register/tZYqduitrjlsGdZk53kIXjUTc_vgNdkT-bBp)

#### March 16th: Third Thursday Thing: Small Runimants

KYSU Harold R. Benson Farm, 10 am -OR- [www.youtube.com/kysuag/live](http://www.youtube.com/kysuag/live)

#### March 17th: Farm Safety & Pasture Management

Lettleiki Icelandics, Shelbyville KY Register to Oldham Extension (502) 222-9453

#### March 23rd, 30th & April 9th: Spring Gardening Series

Trimble County Extension Office, 6 pm. Please rsvp (502) 255-7188

## BEEKEEPING BASICS

**February 6, 2023**  
**6:00 p.m.**

**Trimble County Extension Service**

Guest: Jake Barker,  
Oldham County Beekeeper Association

**No cost to attend! Meal provided, must rsvp by 2/3**  
**(502) 255-7188**

### MAKING MAPLE SYRUP

FEBRUARY 8, 2023  
10:00 A.M.  
TRIMBLE COUNTY  
EXTENSION SERVICE

- Selecting trees
- Tapping
- Processing

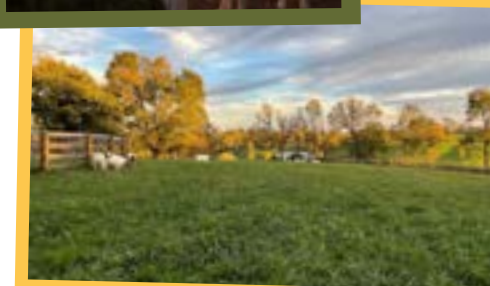
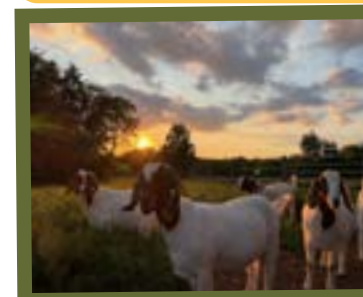
Call to rsvp (502) 255-7188



## Pasture Management

**February 13, 2023 6:00 p.m.**  
Trimble County Extension Service  
43 High Country Lane  
Bedford, KY 40006

Dr. Jimmy Henning,  
University of Kentucky  
Forage Specialist



### Topics Covered

- Seeding & management for a successful stand
- Basics of no-till drill
- How to reclaim winter feeding areas
- Local places to find seeds and equipment

RSVP by 2/9/23:  
(502) 255-7188

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LEXINGTON, KY 40546



## ANR Email Sign-up

Receive email updates about upcoming agriculture events in Trimble and surrounding counties, articles from UK Ag on relevant producer issues, messages from Trimble ANR Agent to communicate with the community on common questions or issues occurring in the county.

Sign up at:

<https://tinyurl.com/ANRupdates>

or scan the QR code below with your smart phone to be added to the email update list.



## All-weather Surfaces Can Improve Livestock Mobility

Source: Steve Higgins, CAFE Director of Environmental Compliance

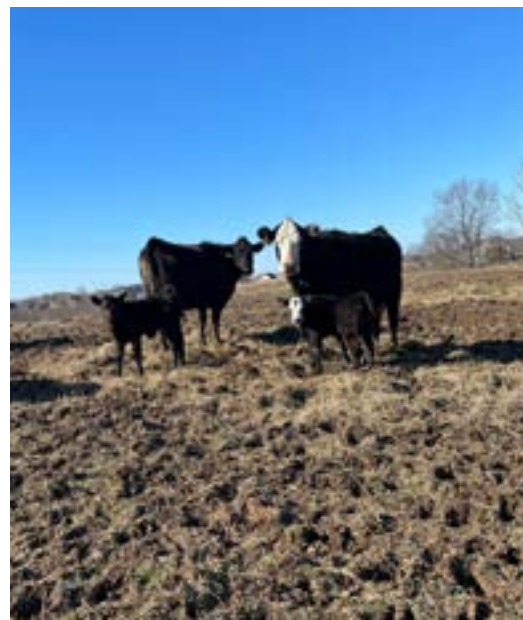
As an attentive livestock producer, you have probably noticed your animals tend to follow the same paths to get food and water. Over time, these well-traveled paths start to lose their vegetation and erode the topsoil, particularly if they endure heavy traffic from large animals. Erosion not only wears away your topsoil, but it makes it difficult for livestock to continue to effortlessly move along these paths. In wet weather, these paths get slick and muddy and can become treacherous for animals.

You can help your animals move along these paths by installing all-weather surfaces, such as mechanical concrete. Mechanical concrete uses tires, geotextile fabric and dense-grade aggregate stone to create a sturdy surface for animals to travel.

Use a backhoe or track hoe with a 36-inch bucket to create an 8-inch-deep trench down the well-traveled path and cover the trench with nonwoven geotextile fabric. The fabric provides drainage, friction and overall path stability. Next, remove the sidewalls of the tires leaving the tread. Semitruck tires are the best size for this project. Once you install the tires in the path, cover them with dense-grade aggregate rock.

This pathway should last for many years and will allow your animals to use less energy moving around your farm.

You can get more information about installing these all-weather surfaces in the University of Kentucky Cooperative Extension publication AEN 165: Improving Cow Paths. It is available online at <http://www2.ca.uky.edu/agcomm/pubs/AEN/AEN165/AEN165.pdf> or by contacting the Trimble County Extension office.



Nonwoven geotextile fabric and tread cylinders are placed in a trench and backfilled with dense-grade aggregate (DGA).



The tread cylinders are filled with rock.

Photos: AEN 165

## 4-H Youth Development

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



**4-H Horse Club**  
**February 14, 2023 6:30 p.m.**  
Trimble County Extension Service

**4-H Livestock Club**  
**March 21, 2023 6:30 p.m. (no Feb mtg)**  
Trimble County Extension Service

**Save the Date - - - Trimble County Fair June 10, 12-17, 2023**  
**Exhibits • Livestock Shows • Rabbit & Poultry,**

### **4-H CAMP July 3-7, 2023** **4H Camp Reservation Form**

Youth ages 9 - 18 years.

Reserve your spot now for Summer 2023 4-H Camp!  
Please fill out this form and return it to the Trimble County Extension Service office as soon as possible to hold your spot. Once returned, a full camper application will be mailed to you.

Camper Name \_\_\_\_\_ DOB \_\_\_/\_\_\_/\_\_\_ M / F

Home Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Campers T-Shirt Size \_\_\_\_\_

How many years have you attended camp? \_\_\_\_\_

**2023 Cost: \$175.00**

A limited number of \$50 scholarships will be available for those who request financial assistance. (limit 1 per family) Check here \_\_\_\_\_.

Full payment must be made prior to camp. Deadline for payments:

**June 19 if by check, June 23 if cash**



Trimble County

PO Box 244

43 High Country Lane

Bedford, KY 40006-0244

RETURN SERVICE REQUESTED

NONPROFIT ORG  
US POSTAGE PAID  
BEDFORD KY  
PERMIT 11