

# Trimble County Extension November 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>

## THE BASICS OF CHOCOLATE

**November 9, 2023  
10:00 - 11:30 a.m.**

Trimble County Extension Service

Learn the basics of chocolate and take a taste test to see which kind you like best! Information on tempering chocolate will be included in the lesson.

**Must *rsvp*: (502) 255-7188 by 11/06**

**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth 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 receipt 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.



Disabilities  
accommodated  
with prior notification.

Simply Sharing Homemaker Group  
Field Trip: Knock on Wood

Wednesday, November 15, 2023 ~ 10:30 a.m.  
meet at Trimble County Extension Service  
We will carpool to Knock on Wood in Westport, Kentucky.  
Lunch is your expense.  
Save the Date: December Simply Sharing is 12/6/23

Trimble County Homemaker Dues

You are invited to join or renew your membership and support your local Homemaker Club. Dues are \$8.00, you may pay in person at the Extension office or mail to:  
Trimble County Homemakers  
PO Box 244 • Bedford, KY 40006



Quilting for Beginners  
November 18, 2023  
9:00 a.m. to noon  
Trimble County Extension Service

~Ages 12 & up ~ Learn basic quilting skills ~ Fabric Selection  
~Welcome to bring your machine  
Must *rsvp*: (502) 255-7188 by 11/15

Scan the code below to take the survey



Medicare Enrollment Information Session

Explore the benefits of Medicare!

Presented by Mark Viehmann, AHIP Medicare Certified

November 7, 2023

10:00 a.m. or 6:00 p.m.

Trimble County Extension Service

Please *rsvp* for either session by 11/6/23  
(502) 255-7188



Annual open enrollment period:  
Oct 15– Dec 7

Dementia Education

Presented by the Alzheimer's Association® in partnership with UofL Trager Optimal Aging Clinic



10 Warning Signs of Alzheimer's

Tuesday, November 14, 2023 6:00 - 7:00 PM

This education program will help you recognize common signs of the disease in yourself and next steps to take, including how to talk to your doctor.

Location: Trimble County Extension Office  
43 High Country Lane, Bedford, KY 40006

Effective Communication Strategies

Thursday, November 30, 2023 6:00 - 7:00 PM

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Location: Trimble County Public Library  
35 Equity Dr, Bedford, KY 40006



To register by phone call  
1-800-272-3900



To register online go to  
[bit.ly/memoryseries](https://bit.ly/memoryseries)



## 4-H Youth Development

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

### HAM CURING PROJECT

The Country Ham Project is open to 4-H Youth and Adults. The program supplies youth members with two raw hams and adults one ham to take through the curing process. 4-H Youth participating in the project will have one of their hams entered in the Kentucky State Fair. The 4-H member will be asked to give a speech about the project and if completed, get two country hams to take home.



If you are interested in the Country Ham Project, the signed contract and fee must be submitted to the Trimble County Extension Service by December 13, 2023. Limited to the first 30 participants. To sign up, stop by the Trimble Extension office Monday - Friday, 8:00 - 4:30 p.m. Hams typically go into cure around the middle of January.

• 4-H Youth Ham Project Fee: \$70.00 (2 hams) • Adult Participant Fee: \$50.00 (1 ham)

### Trimble County 4-H Horse Club

November 14, 2023 6:30 p.m.

Craig Family Farm

Youth ages 9 - 19 years Horse owners and non-horse owners!

Call for information and address (502) 255-7188



### 4-H Livestock Club

November 21, 2023 6:00 p.m.

Field trip to Trackside Butcher Shoppe  
Campbellsburg, KY



**Save the date!!**

**4-H Camp July 29 - Aug 2, 2024**

Sign up packets available

February 2024!

## Agriculture & Natural Resources

*Regina*  
Agent for Ag & Natural Resources

**Wildlife Management**  
**November 28, 2023 ~ 6:00 p.m.**  
**Trimble County Extension**  
Presented by Dr. Matthew Springer,  
*UK Dept of Forestry and Natural Resources*

Most wildlife species are beneficial;  
however, they can cause problems when  
they are in the wrong place at the right time.

Control and preventive measures will be  
presented.

**Call (502) 255-7188 to rsvp!**

Trimble, Shelby,  
Henry, Spencer  
and Oldham  
County Extension  
offices will be  
offering one last  
course of the **Master Cattlemen Program**  
this winter.



The program will consist of 6 in-person  
sessions traveling between the 5 counties.  
Space will be limited, if you have interest  
please RSVP now to Trimble Extension at  
(502) 255-7188.

Dates and locations will be determined.

## BEGINNING FARMER SERIES

*I bought a farm now what . . .*



**DECEMBER 4, 11 & 18 6:00 P.M.**  
Trimble & Henry County Extension Service

The Beginning Farmer Series  
is a set of educational sessions  
designed for individuals interested in  
farming but with limited experience  
or knowledge in the field.

**Please rsvp to (502) 255-7188 by Nov 30.**

## Winter cover crop can improve garden soil

*Rick Durham, extension professor, Department of Horticulture*

No matter how small your garden is, it can play an important role in absorbing carbon dioxide from the atmosphere and temporarily locking it in the soil. There are a number of ways you can improve on this natural cycle, but at this time of year, the best way is through a cover crop.



Soil left bare over the winter months is susceptible to weed growth, erosion that can wash away valuable nutrients and a loss of carbon into the atmosphere. Soil nitrogen left over from this year's crop is subject to leaching due to fall and winter precipitation. Planting a fast-growing cover crop can help prevent these problems.

The term crop in this context may be misleading. These plants are not meant to be harvested. Instead, they add important nutrients, promote beneficial bacterial growth and stabilize the soil.

Easy and effective cover crops that can be planted at this time of year include annual rye grass, hairy vetch, red clover and winter rye.

Annual rye and winter rye are particularly effective as late-season cover crops. They germinate quickly and are an effective barrier against weeds. Grasses, however, do not capture nitrogen in their root system, so consider pairing rye with a legume, such as red clover or hairy vetch.

Hairy vetch and red clover work well as a cover plant, whether paired with rye or by themselves. Being legumes, they are excellent at fixing nitrogen in the soil. They are also prolific enough to reduce weeds and prevent erosion. In the spring, their blossoms will attract bees to your garden. If you worry about hairy vetch or clover reseeding in your lawn – though they're pretty plants and would add biodiversity and important nutrients – just cut them back before they bloom.

Come spring, you have two options. You can turn over your cover crop into the soil, allowing your vegetables or flowers to benefit from the nutrients it will slowly release. Or you can cut it back and let it die naturally, planting directly into the crop and using it as a mulch to continue to suppress weed growth and supply nutrients to your garden. Depending on which cover you plant, this may be easier said than done, because some, particularly grasses, are difficult to directly sow or plant into.

Grasses have a densely packed root system, which make them difficult to till or turn over. If your garden is particularly small or you're gardening in raised beds, rye might not be your best option. However, vetch and clover both have root clumps which are easily dug up and turned over or planted between. Be sure to terminate the cover crop before allowing the plants to go to seed.

For more information about building healthy soil, contact the Trimble County Extension office of the University of Kentucky Cooperative Extension Service.

## Upcoming Events & Dates

### November

#### November 1st: Grazing Conference-Lexington

Fayette County Extension Office, 7:30am -3:30pm

Registration: <https://bit.ly/GrazingConferenceEast23>

#### November 2nd-16th: North American International Livestock Exposition

Kentucky Expo Center Louisville, KY

#### November 7th: Fall Fencing School- Scott County Extension Office, Registration required!

[https://www.eventbrite.com/e/2023-kentucky-fencing-school-georgetown-tickets-](https://www.eventbrite.com/e/2023-kentucky-fencing-school-georgetown-tickets-675570899747?aff=oddtcreator)

[675570899747?aff=oddtcreator](https://www.eventbrite.com/e/2023-kentucky-fencing-school-georgetown-tickets-675570899747?aff=oddtcreator)

#### November 10th: First Time Farmer Resource Fair

Bullitt County Extension Office starts at 8:00 a.m.

#### November 11th: Equine is for All - Spy Coast Equine Center, Lexington, KY 10:00 am - 5:00 pm

#### November 16th: Third Thursday Thing- Small Farms Conference

KYSU Harold R. Benson Farm, 10:00 am -OR- [www.youtube.com/kysuag/live](http://www.youtube.com/kysuag/live)

#### November 20th: BQCA Certification - Trimble County Extension Office, 1:00 & 6:00 p.m.

#### November 28th: Wildlife Management- Dr. Matt Springer

Trimble County Extension Office, 6:00 pm

### December

#### December 4th 11th, & 18th: Beginning Farmer Series

Trimble and Henry County Extension Offices, 6:00 pm

#### December 7th: Trimble County Cattlemen's Meeting

Trimble County Extension Office, 6:00 pm

#### December 16th: Equipment Maintenance Field Day

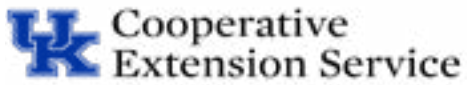
Trimble County Extension Office, 9:00 am-1:00 pm Please RSVP (502) 255-7188

## FARM EQUIPMENT MAINTENANCE FIELD DAY

**December 16, 2023**  
**9:00 a.m. to 1:00 p.m.**

📞 Call (502) 255-7188 to RSVP

Presented by Joshua Jackson,  
UK AG Biosystems Engineering  
Demonstration and discussion:  
tractor, bushhog, atv, bobcat, etc.



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

RETURN SERVICE REQUESTED

NONPROFIT ORG  
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BEDFORD KY  
PERMIT 11

*Happy Thanksgiving!*  
*Office Closed*  
*November 23 & 24, 2023*

Scan here to  
visit our webpage!

