

# Perry County Newsletter

December 2023



Location: 933 Perry Park Rd., Hazard, KY 41701

Telephone: (606) 436-2044

Website: <https://perry.ca.uky.edu>

Email: [ces-perry@lsv.uky.edu](mailto:ces-perry@lsv.uky.edu)



## Family & Consumer Science

- Calendar updates
- Health Bulletin
- Homemaker Enrollment Form
- New Recipe!

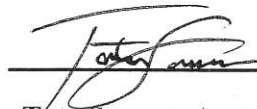


**Kelsey Sebastian: Agent for Family & Consumer Sciences**



## 4-H Youth & Community Development

- Country Ham Projects
- Shooting Sports
- Livestock Judging
- Cupcake Decorating



**Tate Sasser: Agent for 4-H Youth Development**



## Agriculture and Natural Resources

- Rootstock and Plant Orders
- Choose-and-Cut Christmas Trees
- Fireplace Safety



**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

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 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.

# DECEMBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Holiday Crafting on a Budget 1:00 p.m.	2
3	4 Charity Sewing 9:00 a.m.  Perry County Homemaker Holiday Party 11:30 a.m.	5 Summer Sausage Workshop 10:00 a.m. or 2:00 p.m. *must pre- register	6	7 Cooking through the Calendar 10:00 a.m.	8 Open Sewing 9:00 a.m. - 2:00 p.m.	9
10	11	12 Cupcake Decorating 1:00 p.m. *pre- reg. Cupcake Decorating 5:00 p.m. *pre- reg. UK Beef Management Webinar 8:00 p.m.	13 Wreath Making Workshop 1:00 p.m. *must pre- register, \$5	14	15 Holiday Sweets & Treats 10:00 a.m.  4-H Country Ham orders due	16
17	18	19 Block of the month 9:00 a.m. - 12:00 p.m.	20	21	22	23
24	25 Office Closed	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30
31						

*December 2023*

*Happy Holidays!*



**Perry County  
Cooperative  
Extension Service**  
933 Perry Park Road  
Hazard, KY 41701  
(606) 436-2044  
Fax: (606) 436-9961  
[www.ca.uky.edu/ces](http://www.ca.uky.edu/ces)

**IN THIS FCS NEWSLETTER:**

- CALENDAR DATES
- HOMEMAKER ENROLLMENT FORM
- RECIPE
- HEALTH BULLETIN

**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 December 4<sup>th</sup>, and will be 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**

On December 4<sup>th</sup> we will host the Perry County Homemaker Holiday Party at 11:30 a.m. in the Annex Building. This will be a fun day of games and fellowship. Please bring an appetizer or dessert! We will also be doing an ornament exchange so please bring one if you'd like to participate. The ornament can be homemade, or store bought.

**Open Sewing Day**

The second Friday of the month will now become 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! November 10<sup>th</sup> from 9 a.m.-2 p.m.

**Block of the Month**

Block of the Month continues to be a wonderful program! The next class will be on December 19<sup>th</sup> from 9 a.m. to 12 p.m. 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.

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification

Date: \_\_\_\_\_

**Enrollment Form  
for**

Perry County Extension Homemakers Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Name of Club \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Work ( ) \_\_\_\_\_

Cell ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

Age group (*Optional – circle one*): 15-19 20-24 25-34 35-44 45-54 55-64  
65-7475+

Race (*Optional – circle one*): White Black Asian/Pacific Islander  
American Indian or Alaska Native Other

Ethnicity (*Optional - circle one*): Hispanic Non-Hispanic

Gender (*Optional - circle one*): Female Male

Number of years of KEHA membership (Please circle one):

Less than 2 yrs. 2-5 yrs. 6-10 yrs. 11-15 yrs. 16-20 yrs.  
21-35 yrs. 36-49 yrs. 50+

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, gender, religion, disability, or national origin.*

Appendix 11  
July 2015

**A reminder that Homemaker Enrollment forms and dues are due by December 1<sup>st</sup> for 2024! We would love to have you join the Perry County Homemakers. Dues are \$10. Already paid for the upcoming year? Remember to encourage a friend to join!**

### Upcoming Program Dates

Remember to register for classes by calling the Perry County Extension Office

December 1<sup>st</sup>– Holiday Crafting on a Budget 1 p.m.

December 4<sup>th</sup>– Charity Sewing 9 a.m.

December 4<sup>th</sup>– Perry County Homemaker Holiday Party 11:30 a.m.

December 5<sup>th</sup>– Summer Sausage Workshop **\*must pre-register\*** 10 a.m. or 2 p.m.

December 7<sup>th</sup>– Cooking Through the Calendar 10 a.m.

December 8<sup>th</sup>– Open Sewing 9–2

December 12<sup>th</sup>– Holiday Cupcake Decorating 1 p.m.

December 12<sup>th</sup>– Youth Holiday Cupcake Decorating 5 p.m.

December 13<sup>th</sup>– Live Greenery Wreath Workshop **\*must pre-register\*** 1 p.m.

December 15<sup>th</sup>– Holiday Sweets & Treats 10 a.m.

December 19<sup>th</sup>– Block of the Month 9– 12

Office Closed December 23<sup>rd</sup>– January 1<sup>st</sup>

#### **Holiday Crafting on a Budget**

Friday, December 1<sup>st</sup>, at 1 p.m., join us for a Holiday Crafting on a Budget program. You will be able to “make & take” both crafts presented by Perry County FCS Agent as the Holiday Roadshow as well as two other projects! This will be a wonderful kick off to your holiday season! Please call the office to register.

#### **Summer Sausage Workshop**

We will be offering a Summer Sausage Workshop in partnership with Breathitt County ANR Agent Reed Graham on December 5th. Two classes are available that day at 10 a.m. or 2 p.m. During the class, we will not only be creating our own summer sausage, but we will also cover how to incorporate this sausage into your holiday charcuterie board! Snacks will be provided. There is a \$10 fee for this class. You MUST pre-register by calling 606-436-2044 as spots are limited. The sausage will be smoked and available for pick up the following week.

#### **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 final class for 2023 will be on Thursday, December 7th. We'll be making Loaded Beef Stroganoff for you to sample. New 2024 calendars should be arriving soon!

#### **Holiday Cupcake Decorating**

Learn new tips and tricks to decorate your holiday cupcakes! Call the office to sign up for classes held Tuesday, December 12<sup>th</sup> at 1 p.m. (all ages) or 5 p.m. (youth only).

#### **Live Greenery Wreath Workshop**

Join us, Wednesday, December 13th at 1 p.m. for a wreath making workshop! All materials for the wreath will be provided, as well as bow material. There will be a \$5 fee. Must pre-register by stopping by the office or calling 606-436-2044.

#### **Holiday Sweets & Treats**

The sweet smells of holiday treats will be taking over on December 15th at 10 a.m. We will be making a variety of sweets for you to sample and take home when we finish. Please bring your own tin to take your samples home. Lunch will be provided. Must pre-register by calling 606-436-2044.

## SUMMER SAUSAGE WORKSHOP

Join us at the Perry County Extension office for a Summer Sausage workshop with Breathitt Co. ANR Agent Reed Graham. We will also discuss the art of making beautiful charcuterie boards with your finished sausage.

Two classes available: December 5th at 10a.m.  
or 2 p.m.

Registration is required! Call 606-436-2044 to  
sign up today!

Extension Activities are provided as a service to the public. No fee is charged for these activities. However, a fee may be charged for materials and supplies. A fee may also be charged for travel expenses. A fee may also be charged for lodging and meals. A fee may also be charged for parking. A fee may also be charged for other services. A fee may also be charged for other services.

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JOIN US AT THE  
PERRY COUNTY  
EXTENSION OFFICE  
FOR

# CRAFTING ON A BUDGET

**Dec. 1st**  
1:00 P.M.

Martin-Gatton  
College of Agriculture,  
Food and Environment

LIVE GREENERY  
**HOLIDAY  
WREATHS**

**\$5 | DEC. 13 | 1 PM**

PERRY COUNTY EXTENSION OFFICE  
933 PERRY PARK ROAD, HAZARD, KY



PERRY COUNTY EXTENSION OFFICE

# HOLIDAY SWEETS & TREATS

Join us for our candy making workshop as  
we create holiday classic candies.  
Be sure to bring your own tin to take home  
some sweet treats! Lunch will be provided.

**FRIDAY, DECEMBER 15TH**  
**10:00 A.M.**  
**933 PERRY PARK RD, HAZARD, KY**

Martin-Gatton  
College of Agriculture,  
Food and Environment



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



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

# Loaded Beef Stroganoff



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

- 12 ounces egg noodles (choose whole-wheat if available)
  - 1 pound lean ground beef
  - 1 large onion, chopped
  - 2 tablespoons garlic powder
  - 8 ounces sliced white mushrooms
  - 1/4 cup all-purpose flour
  - 32 ounces (or 4 cups) low-sodium beef broth
  - 1 can (14.5 ounces) no-salt-added peas, drained
  - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
  - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
  - 1 1/2 teaspoons salt
  - 1 teaspoon black pepper
  - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
  3. Cook egg noodles according to package directions while preparing the other steps. Drain.
  4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
  5. Wash hands after handling raw meat.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

**Note:** To reheat leftovers, add a little beef broth or milk before warming.

**Makes: 10 servings**  
**Serving size: 2 cups**  
**Cost per recipe: \$13.87**  
**Cost per serving: \$1.39**

**Nutrition facts per serving:**  
270 calories;  
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

**Source:**  
Brooke Jenkins,  
Extension Specialist,  
University  
of Kentucky  
Cooperative  
Extension Service

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

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LEXINGTON, KY 40546



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accommodated  
with prior notification.

Come test this and our Cooking through the Calendar recipe with us Thursday  
December 7<sup>th</sup> at 10 a.m

# ADULT HEALTH BULLETIN



DECEMBER 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:

# THE GIFT OF HEALTH



Perhaps you are familiar with the holiday tune that describes 12 Christmas gifts, but a gift worth giving that is not included in the song is good health!

As you prepare to host or attend holiday functions this season, here are 12 tips to staying safe and healthy yourself, and not passing along germs for family and friends:

- 1. Wash your hands:** Use soap and warm water when possible and alcohol-based hand sanitizer when out and about.
- 2. Eat well-balanced meals:** Making healthy food choices most of the time helps to offset occasional treats that may be less nutritious.

Continued on the next page 



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Disabilities accommodated with prior notification.



*Ways to keep moving include taking a family walk, having a dance party, and enjoying an outdoor winter activity like ice skating.*



➔ **Continued from the previous page**

- 3. Keep moving:** Find creative ways to incorporate movement into your daily routine, take a family walk, have a dance party, or enjoy an outdoor winter activity like ice skating.
- 4. Stay warm:** Dress for outdoor weather in layers, with an outer layer to keep you dry.
- 5. Practice food safety:** Wash hands and cooking surfaces, cook foods to proper temperatures, avoid cross-contaminating cooked and uncooked foods, serve foods hot or cold, and refrigerate uneaten food promptly.
- 6. Prevent house fires:** Never leave an open flame (candle, fireplace, stove, or heater) unattended, install smoke detectors, and replace their batteries twice a year.
- 7. Manage stress:** Holiday events and spending can cause stress. Make a plan that keeps your finances and calendar from becoming overburdened.
- 8. Limit alcohol** consumption, and do not drink and drive.
- 9. Get routine health screenings:** Holiday breaks from work may be a good time to schedule annual exams that can get put off throughout the year.

**10. Sleep:** Adults need between seven to nine hours of sleep per night. Lack of sleep can compromise your immune function and decrease your mental clarity.

**11. Stay up to date on vaccines:** You can prevent many serious diseases by getting routine vaccines. Ask your health-care provider what vaccines you should get.

**12. Avoid smoking and tobacco products:** Secondhand smoke and vaping products also have negative health outcomes.

Being mindful of healthy habits will help keep you and your loved ones feeling good throughout the season, which is always a reason to celebrate.

**REFERENCE:**

<https://tools.cdc.gov/medialibrary/index.aspx#/media/id/303214>

**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



We need your help!

Please take a few minutes of your time to help us complete the Community Needs Assessment for Perry County. Follow the QR code, link below, or pick up a paper copy at our office. **Show us proof that you completed the survey to be entered into a drawing for a gift basket filled with UK gear!**

How can we  
**serve you,  
Kentucky?**

Take a **ten-minute** survey  
to help us develop programs  
addressing needs in  
your community.

**[go.uky.edu/serveKY](http://go.uky.edu/serveKY)**

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COOPERATIVE EXTENSION  
*An Equal Opportunity Organization.*

 **Martin-Gatton**  
College of Agriculture,  
Food and Environment

 **KENTUCKY STATE**  
UNIVERSITY  
College of Agriculture, Community, and the Sciences

**What is the purpose of the Community Needs Assessment?** The purpose of the community assessment is to gather quantitative data to help identify and prioritize community needs, issues, and/or opportunities that KY Extension may address through targeted educational programming and engagement efforts. The Extension Community Needs Assessment is an integral component of the Extension Plan of Work process.

Tate Sasser: Agent

December 2023

email: [tatesasser@uky.edu](mailto:tatesasser@uky.edu)

**JOIN** | THE REVOLUTION   
OF RESPONSIBILITY

**Cooperative**

**Extension Service**

*Perry County*

*933 Perry Park Road*

*Hazard, KY 41701*

*(606) 436-2044*

*Fax: (606) 436-9961*

*www.ca.uky.edu/ces*

4-H YOUTH DEVELOPMENT



### Holidays!

We want to wish everyone a Happy Holidays as we venture into that time of year! We also want to remind everyone that we will be closed December 25-January 2.

### Country Hams

We are currently taking sign ups for this years Country Ham Project! Adults will be \$50 and Youth will be \$35. Sign-ups and money are both due by December 15th.

We will be curing hams on January 15th, adults may take their hams home for curing if they would like, but students are required to cure them with the instructor that day.

\*\*All students participating are required to attend the 2024 Kentucky State Fair and participate in the Country Ham Contest. Parents are responsible for making sure they attend. Students who don't attend State Fair will not be allowed to keep their hams.

### Livestock Judging

Our Livestock Judging team has began their meetings. If your child has any interest in participating please reach out to our office for practice dates!

### 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.

### Shooting Sports

Shooting sports will resume meetings in February 2024. We will be announcing a practice schedule in January, please be sure to contact our office if you are interested in participating!

We are also looking for coaches to assist, if you are interested in participating in a volunteer role please contact me ASAP!

### Cupcake Decorating

Our cupcake decorating class will be hosted on December 12th at 5pm at the Perry County Extension Office! Please call to register!



18 USC 707

## COOKING WITH KIDS

# Perfect Pumpkin Pancakes

- 1 cup whole-wheat flour
- 1 cup all-purpose white flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin, unsalted (not pumpkin pie filling)
- 1 3/4 cups low-fat milk
- 2 tablespoons vegetable oil

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.

2. Combine whole-wheat flour, white flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
3. In a medium bowl, combine egg, canned pumpkin, milk, and oil. Stir to mix well.
4. Add wet ingredients to flour mixture. Stir just until moist. The batter may be lumpy. (For thinner pancakes, add more milk).
5. Lightly coat a griddle or skillet with cooking spray and heat on medium. Flip when bubbles appear, or pancake is golden on the bottom.

Repeat until all batter is used.

6. Store leftovers in the refrigerator within 2 hours.

Number of servings: 12  
Serving size: 1 pancake

Nutrition facts per serving: 130 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 15mg cholesterol; 350mg sodium; 21g total carbohydrate; 2g dietary fiber; 4g total sugars; 2g added sugars; 4g protein; 6% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source : <https://www.mainesnap-ed.org/recipes/perfect-pumpkin-pancakes>

## BASIC BUDGET BITES

# Maximize those leftovers!

If you end up making a big meal for your loved ones, chances are that you'll have leftover food. Don't forget the power of leftovers to help save you stress and money this holiday season! Most people agree that turkey dinner leftovers are just as good the second or third day. Most guests will be glad that you are feeding them. They will not blame you for serving them leftovers — even if they were there for the first meal.

**To use your leftovers "as is," follow these tips:**

- Remove any meat from the carcass or bone. Cut it into small pieces. Store it in shallow containers in the refrigerator or freezer.
- Use all leftovers within four days or freeze for later use.
- Reheat leftovers to 165 degrees F, or until hot and steaming.

Source : <https://extension.umn.edu/save-money-food/holiday-food-budget>

## RECIPE

# Turkey Stew

- 2 teaspoons vegetable oil
- 1/2 cup onion, chopped
- 1 garlic clove, finely chopped (or 1/2 teaspoon garlic powder)
- 4 carrots, chopped
- 2 celery stalks, chopped
- 2 potatoes, chopped
- 1 can (14.5 ounces) no-salt-added diced tomatoes
- 2 cups water
- 2 cups cooked turkey, chopped
- Salt and pepper (optional, to taste)
- Italian seasoning or oregano, basil or thyme (optional, to taste)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes.

3. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.
4. Season to taste before serving.
5. Store leftovers in the refrigerator within 2 hours.

Number of servings: 4  
Serving size: 2 cups

Nutrition facts per serving: 270 calories; 4g total fat; 1g saturated fat; 0g trans fat; 55mg cholesterol; 150mg sodium; 32g total carbohydrate; 6g dietary fiber; 7g total sugars; 0g added sugars; 25g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 25% Daily Value of potassium

Source: What's Cooking? USDA Mixing Bowl

## AGRICULTURE AND NATURAL RESOURCES

Hello, and welcome to December!

Before I begin this month's newsletter, I wanted to pass along a few items that may be of interest to some of you:

Charles May  
County Extension Agent  
Agriculture & Natural Resources  
[cmay@uky.edu](mailto:cmay@uky.edu)

### Office Closures

**The Extension Office will be closed from December 25, 2023, until January 2, 2024,** for the holidays. We still have a drop box at the front door and will be checking it from time to time. If you need immediate assistance during this time, call (606) 476-9082.

### East KY Winter Beekeeping School

We will not be having the East KY Winter Beekeeping School in January. The leadership decided to wait until 2025 and return to an in-person school format. The 2025 in-person school will be held in Hindman.

### Community Assessment Survey

This is the last month to complete the Community Assessment Survey. The survey closes on **December 18, 2023**. Please fill one out if you haven't already. This will help us determine where we need to focus our programming efforts in the future. I have included the QR code and the link below. It only takes around 10 minutes to complete. Thank you in advance for participating.



[go.uky.edu/serveKY](https://go.uky.edu/serveKY)

### Rootstock and Plant Orders for 2024

The Perry County Extension Service will be taking Apple and Pear rootstock orders again. We will be ordering Apple M111 3/16", M 7 A 1/4", plus two new varieties that are supposed to have a lot of disease resistance: GENEVA 202 1/4" and GENEVA 41 1/4". We will also be ordering pear rootstock. The price of the rootstock will be the same as last year, \$2.00 each. To place your order, simply call the Perry County Extension Office at (606) 436-2044. I have included an order form in the Newsletter, and there is also one posted on the Perry County webpage under the Ag & Natural Resource link. We have limited availability, so orders will be processed on a first-come, first-served basis until stock runs out. Orders will be accepted from now through January. Delivery will be in the last week of February.

We will also be taking plant orders again in 2024. I have placed an order form on the Perry County Extension webpage under the Ag & Natural Resource link. I have also placed one in this Newsletter.



### Beef Cattle News

For all you beef cattle producers out there, the Kentucky Cattlemen Association Annual Convention and Trade Show will be held on January 10-12, 2024, in-person at the Lexington Convention Center in Lexington, KY. For information about the convention and registration, please visit the website [www.kycattle.org](http://www.kycattle.org). Additionally, registration forms are available at the Perry County Extension Office.

Similarly, UK Animal and Food Sciences will conduct several online Beef Cattle Trainings throughout the winter months. Enclosed is a page listing these trainings along with registration instructions.

Also, there will be several trainings across the area on strategies to reduce fertilizer use on Eastern KY cattle farms in February. See the enclosed flyer for dates and details.

### Fireplace Safety

I always try to cover fireplace safety in the December Newsletter. So here we go again. If it helps one person, I believe it's worth continuing to write about.



With the onset of cold weather and the high cost of electricity, many of us who have wood-burning stoves or fireplaces will start using them soon. A word of caution: before you use your wood-burning stove or fireplace, inspect your chimney or stovepipe for cracks, debris, and, most importantly, creosote build-up.

Creosote is a by-product of incomplete wood combustion. Some creosote always mixes with smoke and flue gases produced by a wood-burning stove or fireplace. If those gases drop below 250 degrees Fahrenheit, moist creosote will condense on the chimney wall and build up over time.

Creosote in this form is highly flammable. Accumulations of one-fourth inch or more in the chimney or stovepipe are dangerous. Once ignited, the creosote can burn at temperatures exceeding 2,000 degrees. The strong upward draft caused by the fire can lift burning creosote out of the chimney and onto the roof. The intense heat can also crack tile linings, deteriorate masonry, and cause metal chimneys to warp. A fire started by burning creosote may spread to the framework of the house.

Chimneys should be inspected for creosote at least once a year and every two months if the stove is used regularly. Signs of heavy buildup include back drafting, smoking, and a dull thud when the stovepipe is tapped with a metal object. If you observe creosote deposits of one-fourth inch or more, the chimney should be cleaned. The most effective method is to use a steel-wire brush of the proper size and shape for the chimney.

Chimney cleaning can be messy and sometimes dangerous. If you lack experience, it might be better to hire a chimney sweep who will clean and also conduct a safety inspection of your chimney.

Proper operation of the stove or fireplace will reduce creosote buildup. After the chimney has been cleaned, avoid burning unseasoned wood and smoldering fires. Burning a hot, flaming fire once a day will provide the most complete combustion necessary for minimal creosote accumulation.



## Choose-and-Cut Christmas Trees

I occasionally receive calls about the locations for cutting live Christmas trees. The Kentucky Christmas Tree Association has a list of member tree farms on their website: <http://www.kychristmastreefarms.com>. Alternatively, you can check with the Perry County Extension Office for information about 'choose-and-cut' tree farms in our area. The closest ones that I am aware of are in London.



I would like to take this opportunity to wish you and your family a safe and joyful Holiday Season. Wishing you the best for 2024!

## UK Beef Management Webinar Series

Registration is necessary, however, if you received this email directly from Darrh Bullock then you are already registered. If you received this from another source, or have not registered previously, then please send an email to [dbullock@uky.edu](mailto:dbullock@uky.edu) with Beef Webinar in the subject line and your name and county in the message. You will receive the direct link with a password the morning of each meeting. This invitation will directly link you to the site and you will be asked for the password which can be found just below the link. Each session will be recorded and posted for later viewing. **All meeting times are 8:00pm ET/7:00pm CT.**

December 12, 2023

**Shooting the Bull: Answering all your Beef Related Questions!** – Updates and Roundtable discussion with UK Specialists

January 9, 2024

**Management decisions that impact reproductive efficiency in beef herds** – George Perry, Professor, Texas A&M University

February 13, 2024

**What's the Cost of a Cheap Mineral** – Katie VanValin, Assistant Extension Professor, University of Kentucky

For additional information please contact your local Agriculture and Natural Resources Extension Agent.

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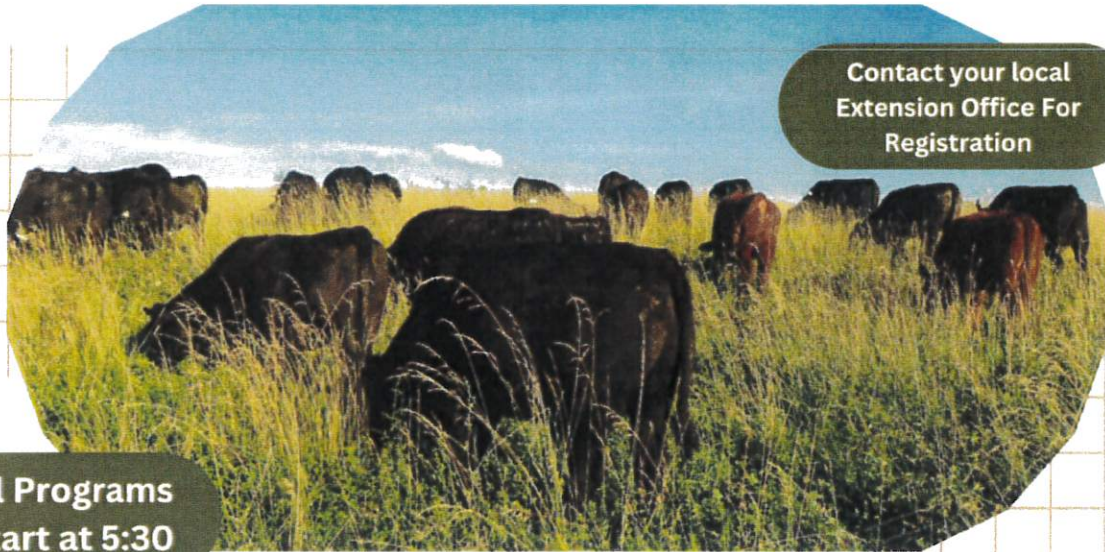
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# STRATEGIES TO REDUCE FERTILIZER USE ON EASTERN KY CATTLE FARMS



Contact your local  
Extension Office For  
Registration

All Programs  
Start at 5:30

- Using Legumes to get the Nitrogen Cycle Working
  - Feeding Hay to Recycle Nutrients
  - Clipping Weeds to Enhance Fertility
  - Having an Appropriate Stocking Rate
- Implementing Basic Rotational Grazing Without Perfect Infrastructure

## Locations and Dates:

**Feb. 19, 2024** Clay County Extension Excel Center 86 Muddy Gap Rd., Manchester, Ky 40962

**Feb. 20, 2024** Knott County Extension 149 Parks. Rd. Hindman, Ky 41822

**Feb 21, 2024** Lee County Extension 259 Industrial Park Rd. Beattyville, Ky 41311

**Feb. 22, 2024** Morehead State University Farm 25 MSU Farm Rd. Morehead, Ky 40351

**Guest Speaker: Dr. Greg Halich,**  
Associate Extension Professor with the Department of Agriculture Economics  
University of Kentucky

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Perry County Cooperative Extension  
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**Perry County Cooperative Extension**

933 Perry Park Road  
Hazard, Kentucky 41701  
Telephone: (606) 436-2044  
Fax: (606) 436-9961  
Email: [Perry.EXT@uky.edu](mailto:Perry.EXT@uky.edu)  
Website: <https://perry.ca.uky.edu>

***Staff***

**Tate Sasser**

County Extension Agent  
4-H Youth & Community Development  
Email: [tatesasser@uky.edu](mailto:tatesasser@uky.edu)

**Charles May**

County Extension Agent  
Agriculture & Nature Resources  
Email: [cmay@uky.edu](mailto:cmay@uky.edu)

**Kelsey Sebastian**

County Extension Agent  
Family & Consumer Science  
Email: [kelsey.sebastian@uky.edu](mailto:kelsey.sebastian@uky.edu)

**Vacant**

SNAP-ED Program Assistant Senior  
Family & Consumer Science  
Nutrition Education Program

**Taylor Wilson**

Extension Staff Assistant  
Email: [taylor.wilson@uky.edu](mailto:taylor.wilson@uky.edu)

**Jan Gibson**

Accounts Payable  
Email: [jlgibson@uky.edu](mailto:jlgibson@uky.edu)