

**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

July 2023



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

### Family & Consumer Sciences



- ❖ *Cupcake Decorating Workshop*
- ❖ *Canning After a Disaster*
- ❖ *Other Upcoming Events*

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

### 4-H Youth & Community Development



- ❖ *Kentucky State Fair*
- ❖ *4-H Camp*

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

### Agriculture & Natural Resources



- ❖ *CAIP Grant*
- ❖ *Summer Lawn & Gardening Tips*

**Charles E. May: Agent for Agriculture & Natural Resources**



# July

# 2023

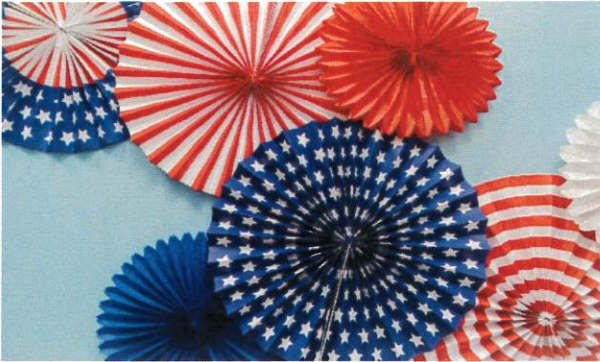
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6 4-H Livestock Club 6:00 p.m. (Tentative Date)	7 Cooking Through the Calendar 10:00 a.m.	8	9
10 Canning After a Disaster 9:30 a.m.-2:00 p.m. 4-H Camp CIT & Teen Training	11 Quilt Shop Hop – Contact Charlinda for information	12 Cupcake Decorating Workshop 1:00 p.m.	13	14 Open Sewing 9:00 a.m.-2:00 p.m.	15	16
17 Canning After a Disaster 9:30 a.m. – 2:00 p.m.	18 Quilt Block of the Month 9:00 a.m. – 12:00 p.m.	19	20 4-H Livestock Club 6:00 p.m. (Tentative Date)	21	22	23
24	25	26 4-H Camp Orientation 2:00 – 6:00 p.m.	27 4-H Camp Orientation 2:00 – 6:00 p.m.	28	29	30
31						

Notes:



July 2023

Perry County  
Cooperative  
Extension Service  
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Hazard, KY 41701  
(606) 436-2044  
Fax: (606) 436-9961  
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### Block of the Month

Thanks to all who are participating in Block of the Month! The next class will be on July 18<sup>th</sup> 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 lap quilts for Bluegrass Care Navigators. **There will be NO charity sewing in July.** The next sewing date is Monday August 7<sup>th</sup> 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

**There will be NO July meeting.** The next meeting will be on August 7<sup>th</sup> at 12 p.m.

### IN THIS FCS NEWSLETTER:

- CALENDAR DATES
- RECIPE
- HEALTH BULLETIN
- MONEYWISE

**Our office will be closed July 4<sup>th</sup>, 2023, to observe Independence Day. Remember to practice food safety as you celebrate with your family and friends!!**



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

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

### Upcoming Program Dates

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

July 10<sup>th</sup> and 17<sup>th</sup> – Canning after a Disaster (see flyer for details)

July 12<sup>th</sup>– Basic Cupcake Decorating Workshop 1 p.m.

July 14<sup>th</sup>– Open Sewing Day 9 a.m.–2p.m.

July 18<sup>th</sup>– Block of the Month 9 a.m.–12p.m.

### 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 Friday July 7<sup>th</sup>. We'll be making delicious Tuscan Chicken Pasta for you to sample. The recipe is included in this month's newsletter or 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! July 14<sup>th</sup> from 9 a.m.–2p.m.

### Basic Cupcake Decorating Workshop

Want to learn the basics of cupcake decorating? We will be going over different equipment and techniques, making homemade buttercream, and practicing our new skills on cupcakes for you to take home! Open to all ages! July 12<sup>th</sup> at 1 p.m. in the Perry County Extension Annex.

### Drop it Like its Hot

We are halfway through 2023 and now is the time to recommit to your health journey for the year! Remember you can stop by our office any time during business hours to pick up the informational packets and weigh in when it's convenient for you. Those of who are participating keep up the good work!

### Dining with Diabetes \*Postponed\*

New Fall dates will be updated soon! Due to the research project the original dates have been postponed. We will be hosting the Dining with Diabetes program in four sessions. 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



# CANNING AFTER A DISASTER

**July 10th - Boiling Water Canner "Salsa & Jelly"**  
**July 17th - Pressure Canning "Green Beans"**

**9:30 am - 2:00 pm**  
*\*Lunch will be provided*

**First Presbyterian Church's Kitchen**  
 160 Broadway St, Hazard, KY 41701

\*Participants completing both classes will receive a boiling water canner (1 per household), canning supplies, & information on places available to can their produce if they no longer have a place to do so.

These classes are for individuals in households impacted by the 2022 flooding and are free to attend. We have limited seats, so you must pre-register by calling the Knott County Extension Office at (606) 785-5329.

**Sponsored By:**  
 Knott & Perry County Extension Offices | First Presbyterian Church of Hazard



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11/20/2024, 11:45:46

PERRY COUNTY EXTENSION OFFICE  
 FAMILY AND CONSUMER SCIENCES


**BASIC CUPCAKE DECORATING**  
**JULY 12TH AT 1 PM**

Join us for this scrumptious class where we will cover basic cupcake decorating equipment, filling and icing cupcakes, creating easy flowers designs, and basic piping techniques.




Take home your yummy treats in the end! Registrants must pre-register for this class by calling the Perry County Extension Office at 606-436-2044 by July 7th.

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11/20/2024, 11:45:46

# FREE Water Testing




Join us for this wonderful opportunity provided by the University of Kentucky to have your home drinking water analyzed. Testing will include looking for possible E-coli and nutrients.

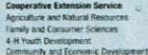
**August 9-11th 2023 at 10:00am to be held at the Perry County Extension Office**

Information needed for research will be Name, Address, Phone, and if you have city or well water, or both?

Spots are very limited, Please call Perry County Extension Service at 606-436-2044 to get your spot.



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11/20/2024, 11:45:46



**DON'T FORGET TO TRACK YOUR SLEEP**



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



University of Kentucky  
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## Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

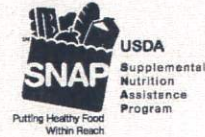
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

**Note:** If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

**Makes 6 servings**  
**Serving size: 2 cups**  
**Cost per recipe: \$11.52**  
**Cost per serving: \$1.92**



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

**Nutrition facts per serving:**  
350 calories;  
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Come test this recipe out with us for Cooking Through the Calendar! Friday June 14<sup>th</sup> at 11 a.m. at the Perry County Extension Office.



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# FAMILY CAREGIVER HEALTH BULLETIN



**JULY 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)

Perry County  
Extension Office  
933 Perry Park Road  
Hazard, KY 41701  
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## THIS MONTH'S TOPIC:

# THE POWER OF CONNECTION IMPROVES HEALTH AND WELL-BEING



**S**ocial connections enhance health and overall well-being. Yet, the Centers for Disease Control and Prevention reports that 1 in 3 adults, age 45 and older feel lonely. Loneliness and social isolation increase the risk of dementia, stroke, and heart disease. Research has even demonstrated that a lack of social connection can be just as bad as smoking, obesity, and physical inactivity.

According to the CDC, social connectedness means that you feel like "you belong and have the support and care you need, as well as the number, quality, and diversity of relationships you want." Socially connected people sleep better, experience less stress, live longer, maintain

Continued on the next page →



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## *Supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.*

### → Continued from the previous page

better health habits, experience better overall health, feel a greater sense of belonging and quality of life.

To be more socially connected consider this list of behavior changes:

- Set aside time each week for connecting with a friend or family member.
- Join a club or take a class to meet new people.
- Change socially isolating or disconnecting behaviors.
- Talk to a health-care provider about mental health, especially if you feel stressed, lonely, or depressed.
- Spend time with people who are important to you.
- Prioritize, develop, and maintain friendships and other meaningful relationships.

The Mayo Clinic reinforces the importance of friendships on overall health and well-being. Friends can increase your sense of belonging and purpose. They boost happiness, make you laugh, and can reduce stress. Friendships can enhance

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*Socially connected people sleep better, experience less stress, live longer, maintain better health habits, experience better overall health, feel a greater sense of belonging and quality of life.*

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self-confidence and self-worth. Friends are there for you during the highs and lows of life events and transitions, including loss and illness. As we get older, meeting new friends can be challenging. Do not be afraid to reach out to people you enjoy talking to at events or gatherings you attend. Introduce yourself to your neighbors. Reach out to old friends you have not seen for some time. Stay in touch with people whose

company you enjoy. Take the initiative to reach out versus waiting for someone to contact you.

To find people with whom you may connect, the Mayo Clinic suggests the following social activities:



- Volunteering
- Finding new interests
- Joining a club, faith-based community, or online chat group
- Walking in a public park or around your neighborhood
- Attending community events
- Extending and accepting invitations
- Maintaining a positive attitude and open mind

When connecting with people in meaningful ways, it is important to be kind, trustworthy, and respectful. People value a relationship in which you build reciprocal intimacy through listening, empathy, openness, and availability. Social connections take time and effort, but supportive relationships and meaningful connections can positively affect mental, emotional, and social well-being.

#### REFERENCES:

- CDC. (2023). The Power of Connection: How it Can Improve Our Health. Retrieved May 1, 2023 from <https://www.cdc.gov/emotional-wellbeing/features/power-of-connection.htm>
- Mayo Clinic (2022). Friendships: Enrich your life and improve your health. Retried May 1, 2023 from <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860>

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**FAMILY CAREGIVER  
HEALTH BULLETIN**

**Written by:** Amy F. Kostelic,  
Associate Extension Professor,  
Adult Development and Aging  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
123RF.com







# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 7

## THIS MONTH'S TOPIC: SAVING ON STAYCATIONS AND VACATIONS

As inflation remains high, Kentuckians may find themselves wondering if going on a vacation is realistic. If you're hoping to vacation on a budget, there are several ways you can try to save money and make travel fit within your means.

### STAYCATIONS

A *staycation*, which joins the words *stay* and *vacation*, doesn't mean staying at home all day. Staycations include trips to local places that lower travel costs that come with longer-distance trips like hotels and transportation. Try exploring nearby tourist attractions you haven't visited yet. Kentucky offers something for everyone, from museums to industry (think horses, bourbon, cars, and sports) to outdoor adventures. Many are no- and low-cost options your family may enjoy. Learn about all Kentucky has to offer at <https://www.kentuckytourism.com/>. If you like to spend time outdoors, visit nearby parks or outdoor recreation areas to go hiking, camping, or to see nature. As the summer gets hotter, go to community pools or local lakes to unplug and cool off.

### TRAVELING WITH OTHERS

Another way to save money on vacations is to go with friends or family. When traveling with others, you can share the costs of lodging, food, and transportation. For example, you might split the



cost of gas or short-term rentals. When traveling in groups, it also may be cost-effective to choose a place with a kitchen or grill. Parties can divide expenses, and take turns cooking. Eating in is a good way to save money on meals while selecting healthier foods that your family enjoys. Lastly, when traveling with others, look for group discounts for attractions, or split into smaller groups so everyone can visit the activities they are most interested in. Research ahead of time to see if there are discounts that may lower admission costs — such as for children, students, or seniors. Some attractions might also be cheaper on certain days or at certain times of the day.

### PLANNING AHEAD

A simple but often overlooked strategy to save money on travel is to plan ahead. To start, carefully



## KENTUCKY OFFERS SOMETHING FOR EVERYONE, FROM MUSEUMS TO INDUSTRY TO OUTDOOR ADVENTURES.



think about when you want to take your trip. Traveling during peak days or seasons means prices will be higher on airfare and accommodations. If you're flying, pick flights in the middle of the week, when possible. Flights tend to be more expensive on Mondays and Fridays. And always shop around – whether for lodging, transportation, or attractions. When it comes to lodging, short-term rentals or even camping can be cost-effective alternatives to hotels. You might also consider selecting a destination near family or friends who are willing to host you overnight. The further out you can plan a vacation, the more time you have to comparison shop, look for deals, and budget for your trip.

### BUDGETING

Before your staycation or vacation begins, create a budget for your trip that includes expenses such as lodging, transportation, food, attractions, and souvenirs. Seeing the cost of your trip broken down

can help you rank what you spend money on. For example, how often will you eat out? Does your hotel offer a continental breakfast that can save you money? Can you eat in or cook during your trip? Perhaps set an amount that each family member can spend on fun purchases or souvenirs. Always look for free attractions such as landmarks near your destination to enhance your trip without dipping into your budget. Limit time spent in tourist-heavy areas where prices are likely to be higher.

### RESOURCES:

Aderoju, D. (2018). How to save money on your next vacation. America Saves. <https://americasaves.org/resource-center/insights/how-to-save-money-on-your-next-vacation/>

Fay, B. (2021). Traveling on a budget: 10 tips to save cash. <https://www.debt.org/advice/traveling-on-a-budget-tips-to-save/>

Written by: Miranda Bejda and Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123rf.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | [nichole.huff@uky.edu](mailto:nichole.huff@uky.edu)



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July 2023

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**4-H YOUTH DEVELOPMENT**



### 4-H Camp

4-H Camp is quickly approaching but there is still time to sign up! We will be camping August 1-4 this year and camp applications must be submitted by 4pm on July 20<sup>th</sup>.

For those who have already signed up, here are some important dates for you:

- July 10<sup>th</sup> – CIT and Teen Training in Leslie Co. (transportation will be provided)
- July 26<sup>th</sup>/27<sup>th</sup> – Camp Orientation from 2-6pm. Drop by anytime during this time period and I will go over a few topics/updates and answer any questions you may have.

### State Fair

Anyone interest in making submissions to any 4-H divisions of this year's State Fair, please contact me by August 1<sup>st</sup>. Non 4-H submissions can be made online, that information can be found at the state fair website.

### Superstar Chef

In partnership with our FCS agent Kelsey, we hosted our first Superstar Chef 3-day camp. Thank you to everyone who assisted and participated! We are excited to bring this program back again next summer!

### Gardening Day Camp

Also in partnership with our FCS agent Kelsey, we hosted a Gardening Day Camp. This camp gave students the opportunity to learn about planting garden vegetables and healthy recipes to use those vegetables in.

### 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 Smores

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 July everyone! Seems like summer is flying by this year.

### Perry County Beekeepers

Plans for the Perry County Beekeepers Association July meeting have not been set yet. They are planning on doing a field day sometime this summer. I will send out a flyer once the plans are made. Remember, everyone is welcome to attend these events and meetings, regardless of whether you are a Beekeeper or not. I hope you didn't show up for the June meeting. We had to cancel because of the County Fair in the park. We tried to get the word out about canceling it. Just a reminder to always check the Perry County Beekeepers Facebook page or the Perry County Extension Service Facebook page for meeting updates.

### CAIP Grant

We have begun the process of running a CAIP Grant. The applications should be ready in late July or August. I will advertise the application period in this Newsletter and on the Perry County webpage once the applications are available. 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.

### Farmer's Market

The Perry County Farmer's Market opened on Thursday, June 1, 2023. It will be 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 to [kiristen@appalachianky.org](mailto:kiristen@appalachianky.org)

### 4-H Camp

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

### Lawn & Garden Care

The arrival of summer means there are plenty of things that need to be done around the home and garden. Below is a list of items to do in July:

Prune and shape narrow-leaf evergreens by early to mid-July. Watch for aphid and leafhoppers damaging honeylocust and maples. Give ladybugs and other natural predators a chance to control aphids before using insecticides.

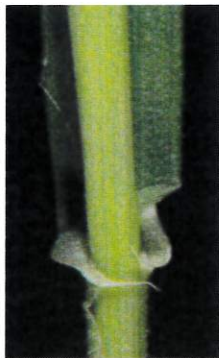
A general yellowing of foliage on spruce and hemlock may indicate spider mite problems. To check for spider mites, shake branches over white paper to reveal the tiny pests as moving, barely visible specks.

During dry weather, water trees and shrubs, especially newly planted ones once per week. They need at least 1 inch of water per week.

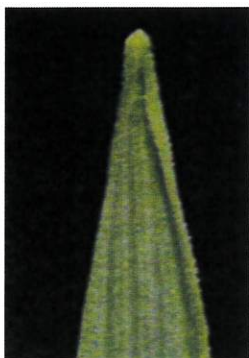
In your lawn, control perennial weeds like bentgrass, quackgrass and tall fescue with herbicides now, especially if you plan to renovate an old lawn or seed a new one in September. Call the Extension Office for a complete list of recommended herbicides. Use herbicides carefully to avoid injuring trees, shrubs, flowers, and garden crops. Also, read and follow the label before using any pesticide.



Tall Fescue weeds mixed with bluegrass



Quackgrass



Bentgrass

During the hot weather months, raise the mowing height of your lawn mower by an inch to strengthen the plants and encourage root formation. Sharpen the blades occasionally. Dull blades tear the grass, reducing vigor and turf quality resulting in a brown lawn.

Control weeds in your garden. Weeds compete with crops for water, nutrients, and sunlight. Some weeds, like quackgrass, can chemically inhibit vegetable plant growth. Others host insect pests and disease pathogens. All of these result in fewer fresh vegetables for your table.

Here are some preventive practices that effectively combat weeds:

Frequent hoeing or rototilling on a weekly basis helps eliminate weeds when they are small and easily removed.

If you plant rows a little closer, vegetable crops provide more shade and that also helps to reduce weed pressure. After you harvest a crop, plant another in its place to continue using the space.

Mulching works very well in the home garden. Use organic material such as grass clippings, leaves, or straw to eliminate weed growth and build up organic matter to make the soil more fertile and easier to work. Do not use grass clippings from a lawn that was treated recently with an herbicide. Treated clippings can cause vegetable plant twisting and can even kill some sensitive crops. Be careful about the kind of organic material you use. Hay can introduce a considerable load of weed seeds into your garden.

Black plastic mulch is beneficial to certain vegetables including tomatoes, eggplants, peppers, and vine crops. In addition to shading out and eliminating weeds, plastic mulches conserve moisture and promote early crop growth by helping heat up the soil in spring. Landscape fabric has the added advantage of being water permeable and

can be used for multiple years, although it is more expensive than black plastic.

Most importantly, do everything possible to keep garden weeds from going to seed. One red root pigweed plant can produce 100,000 seeds that can continue to germinate over the next 15 to 20 years.

If you are planning a fall garden, now is the time to begin thinking about that. The fall garden can be planted in scattered spots where earlier crops like onions, beans, and lettuce have been harvested. The success of the fall garden depends on getting seeds up quickly and seedlings growing rapidly. To prepare the fall garden, remove the old crop completely and clean out all debris and weeds. If your soil is very dry, water it thoroughly before digging and allow it to dry enough so that it's not muddy. Next apply two or three pounds of a complete garden fertilizer like 5-10-10 or 6-12-12 per 100 square feet. If you had your garden's soil tested this spring and the previous crop grew vigorously, additional fertilizer may not be necessary. Publication ID-128, Home Vegetable Gardening in Kentucky, has a complete list of crops suitable for the fall garden and planting dates. If you don't have a copy of this publication, drop by or call the Perry County Extension Office to get a copy.

You will need to sidedress your vegetables with a nitrogen fertilizer after they have set some fruit. Too much nitrogen before fruit set causes a flush of foliage growth at the expense of flowers and fruit.

If lack of rain is a problem this summer, be sure to water tomatoes, peppers, eggplant and summer squash thoroughly

and often enough to protect them against wide variations in soil moisture. This is your best defense against blossom end rot on tomatoes. Also, be sure to monitor your garden for signs of disease and insects.

If you grow strawberries, now is the time to renovate and rebuild the strawberry patch for good production and large, high-quality berries. Mow off the old leaves if you have struggled with a lot of diseases in the berries this season, thin plants, fertilize and weed them. Do these tasks after the plants have finished fruiting. If you do not have a copy of HO-16, "Strawberry Production in Kentucky", give me a call and I will send you a copy.



Happy Gardening and I hope you have a great 4<sup>th</sup> of July!



**University of Kentucky**  
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Cooperative Extension Service

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