

**PERRY
COUNTY**

Newsletter

September 2023



Location: 933 Perry Park Rd., Hazard, Kentucky 41701
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Website: <https://perry.ca.uky.edu>
E-mail: ces-perry@lsv.uky.edu



Family & Consumer Sciences

- ❖ *Savor the Flavor: Lunch & Learn*
- ❖ *Perry County Homemakers Annual Meeting*
- ❖ *Homemaker Cultural Arts*

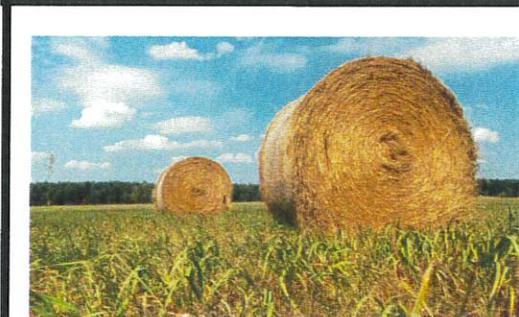
Kelsey Sebastian: Agent for Family & Consumer Sciences



4-H Youth & Community Development

- ❖ *In-School Programs*
- ❖ *Livestock Club*

Tate Sasser: Agent for 4-H Youth Development



Agriculture and Natural Resources

- ❖ *Free Hay Testing*
- ❖ *Fall Lawn Care*

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

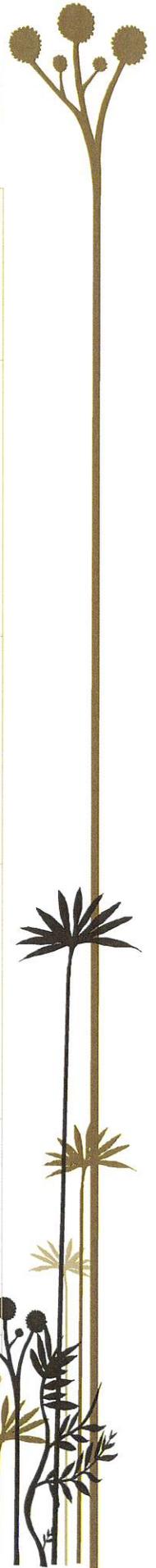
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Disabilities
accommodated
with prior notification.

September

2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7 Cooking through the Calendar 10:00 Savor the Flavor Lesson 11:00	8 Open Sewing Day 9:00-2:00	9	10
11 Charity Sewing 9:00	12	13	14	15	16	17
18 Perry County Homemaker Annual Fall Meeting 11:00 Cultural Art Projects due	19 Block of the Month 9:00 - 12:00	20	21	22	23	24
25	26	27	28	29	30	



September 2023



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www.ca.uky.edu/ces

IN THIS FCS NEWSLETTER:

- CALENDAR DATES
- RECIPE
- HEALTH BULLETIN
- MONEYWISE

Block of the Month

Thanks to all who are participating in Block of the Month! The next class will be on September 19th 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. The next sewing date is Monday September 11th 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

September 18th we will host the Perry County Homemaker Annual Meeting at 11a.m. in the Annex Building. Meat will be provided for the meal but please bring a side dish or dessert. Final day to turn in Cultural Arts projects for judging. See more information below.

Savor the Flavor: Lunch & Learn

Have you ever bought a fresh herb and wondered what to pair it with? Have you ever found a dried herb in your cupboard but weren't sure when and how to use it? Both fresh and dried herbs are commonly found at farmers' markets and grocery stores and provide a new dimension of flavor, but many people still question how and when to use them. The Perry County Extension Office will be hosting a workshop titled Savor the Flavor: Building Flavor with Herbs on September 7th at 11 a.m. Join us for this class in which you will learn about adding flavor to food with herbs. This lesson will teach you about common types of herbs with practical suggestions for ways to use them in your food preparation and cooking. You will not want to miss this informative lesson that will include recipes and demonstrations from Perry County FCS Agent Kelsey Sebastian. **Must pre-register by calling 606-436-2044!**

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Lexington, KY 40506



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Upcoming Program Dates

- September 7th– Cooking through the Calendar 10 a.m.
- September 7th– Savor the Flavor Lesson 11 a.m.
- September 8th– Open Sewing 9 a.m. –2 p.m.
- September 11th–Charity Sewing 9 a.m.
- September 18th– Perry County Homemaker Meeting 11 a.m.
- September 18th– Cultural Art Projects due
- September 19th– Block of the Month 9 a.m.–12 p.m.
- October 12th– Quicksand Area Homemaker Meeting at Lee Co. Extension

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 Thursday September 7th. We'll be making delicious One Pan Shrimp & Veggies 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! September 8th from 9 a.m.–2p.m.

Water Testing *Rescheduled Dates

The University of Kentucky will be here October 23rd to drop off water testing kits. To schedule your test kit pickup please call our office at 606–436–2044. Water samples will be returned to our office on October 24th and results made available on the 25th. Please see the flyer below for more details.

Drop it Like it's 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!

Homemaker Cultural Arts

Keep your eyes peeled on your mailbox! You should be receiving a copy of the 27 categories eligible for Cultural Arts. We would like as many items as possible this year. **Please have these items delivered to the Perry County Extension Office prior to September 18th.** Winning items will be sent on to the Quicksand Area Homemaker Meeting for judging. This is a great opportunity to show off what heritage skills you have been working on. **These items must have been completed in the last two years.**



Annual Fall Meeting
 Perry County Homemakers
Time: Sept. 18th, 2023 11 a.m.
Location: Perry Extension Annex
 Let's celebrate another year of the
 Perry County Homemakers!
 Meats will be provided. Please bring
 a side dish or dessert to contribute.
**Call 606-436-2044 to let us know
 you are coming.**
See you there!



\$15 Fee
Quicksand Area
HOMEMAKER MEETING
 Please join us for our annual meeting on...
OCTOBER 12
 Registration starts at **10:30 AM** and the
 meeting will start at 11 AM
Lee County Extension Office
 259 Industrial Park Road
 Beattyville, Ky 41311
**Please Pre-Register with your
 Local Extension Office by
 October 3rd.**



**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.

**October 23 and 25th 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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**Savor
 the
 Flavor**

BUILDING FLAVOR WITH HERBS

Which herbs should I have in my pantry? Which is best – fresh versus dried?
 How do I know when to use them? These are common questions people have about using
 herbs in the kitchen. Join us for this lesson where you will learn about various types of herbs,
 how to incorporate them into your favorite dishes, and enhance flavor while cooking!

We look forward to seeing you!

**September 7th
 11 a.m.**
 Perry County Extension Office

Join Perry County FCS Agent Kelsey
 Sebastian for this hands on lesson from
 more tips and tricks of cooking with
 herbs! Please call the office to reserve
 your spot 606-436-2044.

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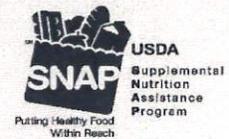


Recipes from the 2023 Food And Nutrition
RECIPE CALENDAR



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

One Pan Shrimp and Veggies



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

- Nonstick cooking spray
- 16 ounces frozen uncooked shrimp*, peeled and deveined
- 2 medium zucchini, halved and sliced
- 1/2 pound (8 ounces) mushrooms, sliced
- 1 medium red bell pepper, sliced
- 4 tablespoons sweet chili sauce
- 1 tablespoon oil
- 1 1/2 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 3 green onions, chopped (optional)
- 1/4 cup cilantro, chopped (optional)
- Brown rice (optional)

*Using frozen, precooked shrimp (pink in color) may result in shrimp having a dry texture. Frozen, uncooked shrimp (gray in color) is preferred.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool, running water. Follow shrimp's package instructions for proper thawing.
3. Preheat oven to 400 degrees F. Spray a 15-by-10-inch baking pan with nonstick spray. Be sure to use a baking pan with a rim.
4. Place the shrimp, zucchini, mushrooms, and bell pepper on baking pan.
5. Wash your hands after handling raw shrimp.
6. Combine chili sauce, oil, lime juice, and soy sauce in a small bowl and pour over the shrimp and vegetables. Use tongs to toss and combine.
7. Bake 12 to 15 minutes, or until vegetables are tender and shrimp is cooked through and reaches 145 degrees F using a food thermometer. Shrimp will turn pink as it cooks.
8. Top with green onions and cilantro and serve over brown rice, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 5 servings
Serving size: 1 cup
Cost per recipe: \$9.97
Cost per serving: \$1.99

Nutrition facts per serving:
290 calories;
14g total fat; 2g saturated fat; 0g trans fat; 135mg cholesterol; 650mg sodium; 22g total carbohydrate; 2g dietary fiber; 10g total sugars; 1g added sugars; 17g protein; 0% Daily Value of vitamin D; 8% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:
Margie Hernandez,
Russell County
SNAP-Ed Program
Assistant Senior

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Come test this recipe out with us Thursday September 7th at 10 a.m

PARENT HEALTH BULLETIN



SEPTEMBER 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:

TEACH YOUR FAMILY FOOD SAFETY



September is Food Safety Awareness Month. It's a great reminder for everyone to make good choices in the kitchen to keep foodborne illness away! As kids get older, they become more involved in choosing foods, preparing them, and storing them. As kids take on more of these responsibilities, parents can be happy to have the help. However, parents can also find it stressful when kids handle food unwisely, leave food setting out, improperly cook food, or make unsafe messes.

Prevent food spoilage and waste in your home by teaching your children safe food-handling practices. This will allow them to help prepare more food at home and give you confidence in knowing that your food supply is safe!

Continued on the next page 



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Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat.

→ Continued from the previous page

Here are four simple food safety steps to teach your kids, and follow yourself!

- 1. Clean:** Wash your hands and food prep surfaces. Wash hands with soap and warm water before beginning, after touching anything that is not clean during the cooking process, and before sitting down to eat. Wash your utensils, cutting boards, and countertops with hot, soapy water. Rinse fresh fruits and vegetables under running water.
- 2. Separate:** Keep raw meat, poultry, seafood, and their juices away from other foods. Use separate cutting boards during food prep, and keep raw meat, poultry, seafood, and eggs separate from all other foods in the fridge. Place uncooked meat, poultry, and seafood on a plate so juices do not leak from packaging and contaminate nearby food.
- 3. Cook:** Heat food to the right temperature. Food is cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer:
 - 145 degrees F for whole cuts of beef, pork, veal, and lamb (then allow the meat to rest for 3 minutes before carving or eating)
 - 160 degrees F for ground meats, such as beef and pork
 - 165 degrees F for all poultry, including ground chicken and turkey
 - 165 degrees F for leftovers and casseroles
 - 145 degrees F for fresh ham (raw)
 - 145 degrees F for fin fish, or cook until flesh is opaque
- 4. Chill:** Refrigerate leftovers or unused items quickly. Bacteria can multiply rapidly if left at room temperature or in the “Danger Zone” between 40 degrees F and 140 degrees F. Keep your refrigerator below 40 degrees F and know when to throw out food. Refrigerate perishable



food within two hours. Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw foods on the counter, because bacteria multiply quickly in the parts of the food that reach room temperature.

Following these simple guidelines will keep your food safe to eat and give your kids confidence as they become more independent in the kitchen.

REFERENCE:

<https://www.planeatmove.com/eat-well/food-safety-basics>

**ADULT
HEALTH BULLETIN**

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 14 • ISSUE 9

Perry County Extension Office | 933 Perry Park Road | Hazard, KY | 41701 | (606) 436-2044

THIS MONTH'S TOPIC: RISING HOMEOWNER'S INSURANCE COSTS

In recent years, households across our commonwealth have experienced a steady stream of costly natural disasters. These severe weather events have cost Kentuckians more than 1 billion dollars in estimated disaster-related claims in the past 10 years.

Because of inflation, as well as the higher costs to repair homes and the recent losses from natural disasters, homeowner insurance premiums have spiked nationally. Kentucky is no exception. Home insurance rates have been on the rise since the pandemic and are predicted to increase an average of 9% in 2023. In this article, we discuss ways to save money on your homeowner's insurance policy.

WHAT SHOULD YOU DO?

Start by improving your finances. Look for ways to build healthy savings and lower outstanding payments, such as student loans, credit cards, or other high-interest consumer debt. Managing your money wisely can help you prioritize spending. Look for "spending leaks" to plug, or those frequent or small purchases that can drain your account over time. This might mean cutting back on entertainment, travel, or eating out. Examining your spending habits can help you identify how to "free up" money for essentials.



Also work to establish and maintain a solid credit history. Having good credit can reduce your insurance costs. Similarly, a poor credit history or low credit score labels you a "risky" consumer and can increase how much you pay for homeowner's insurance. To protect and build your credit, always pay your bills on time and keep your credit balances as low as possible. Never take out more credit than you need, and regularly monitor your credit report to look for errors or fraud that need correcting. If your credit standing has recently improved, discuss this with your insurer to see if you are eligible for discounts.

WHAT SHOULD YOU NOT DO?

Do not be tempted to cancel or significantly reduce your insurance coverage, even if you have paid off your mortgage. As Kentuckians have experienced firsthand recently, severe weather often comes with

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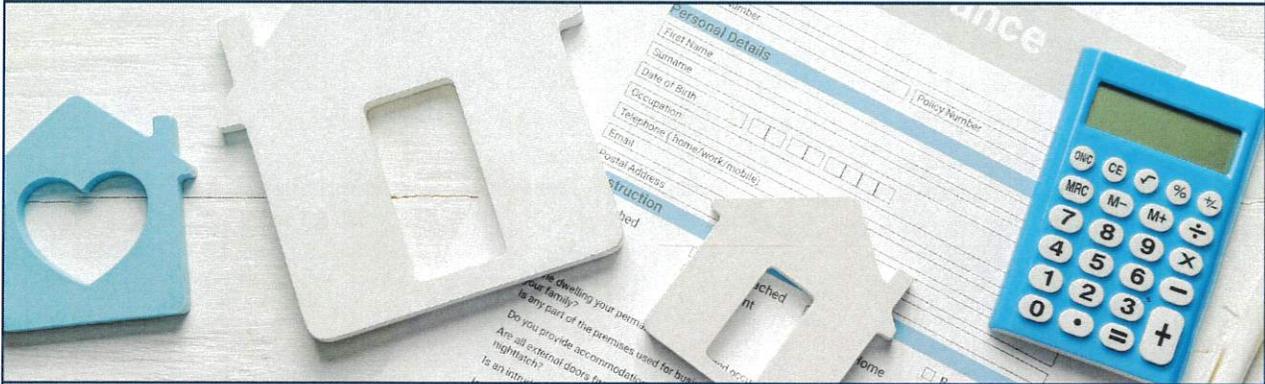
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Disabilities accommodated with prior notification.

SEVERE WEATHER OFTEN COMES WITH LITTLE WARNING BUT CAN CAUSE MAJOR DEVASTATION.



little warning but can cause major devastation. Not being properly insured could affect your financial future and could quickly deplete your life savings or retirement funds. Also, do not assume your current coverage is adequate. Revisit your policy to make sure your property is properly insured, especially considering inflation rates and rising home prices.

WAYS TO LOWER PREMIUMS

- **Shop around.** If the last time you shopped for homeowner's insurance was when you bought your home, it may be time to comparison shop. Prices can vary from provider to provider. By comparing multiple quotes, you can determine what company can offer you the lowest premium. Always use caution when comparison shopping to make sure a lower premium doesn't mean less insurance coverage.
- **Claim discounts.** Talk with your agent about eligible discounts that can lower the cost of your policy, such as upgrading your roof, electrical, or plumbing. Other discounts may include upgrades like installing additional fire extinguishers or security systems, bundling services such as home and auto policies, or company loyalty programs. Some companies offer claims-free discounts; lower rates depending on your payment method,

such as automatic drafts or paying in full; discounts for non-smoking households; and even occupational discounts for emergency responders or active military.

- **Raise your deductible.** If you can afford to pay more out-of-pocket initially, increasing your deductible could lower your premium costs. When a homeowner files a claim, depending on their policy, they will pay a certain amount of money upfront (*known as a deductible*) before the insurance company will pay. The higher the deductible, the more money a homeowner can save on their premiums. If you have an emergency fund that could cover a higher deductible if incurred, this may be a way to save.

REFERENCES:

AARP. <https://www.aarp.org/money/budgeting-saving/info-2023/homeowners-insurance-prices-soar.html>

Insurance Information Institute. <https://www.iii.org/article/12-ways-to-lower-your-homeowners-insurance-costs>

National Association of Insurance Commissioners. <https://content.naic.org/consumer/homeowners-insurance.htm>

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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September 2023

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4-H YOUTH DEVELOPMENT



Back to School!

We wish everyone a happy and smooth back to school! We look forward to seeing you in our in-school programs! If you would like to see our programs in your students class, reach out to us with their teacher's contact info and we will be happy to schedule them!

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.

4-H Camp

We attended our annual 4-H Camp August 1-4 and are happy to report a success! Thank you to our County Extension Board and local donors for making camp possible for many!



State Fair

This year we had nine 4-Hers competing in various categories at the Kentucky State Fair! Thank you to each of them for their dedication and congratulations to each on their successes!



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!

Be sure to call the extension office to confirm the location as we are meeting at various farms throughout the county!





PARENT CORNER

Breakfast ideas to try

The morning meal doesn't have to be all about normal breakfast items. You can mix it up to have other foods and still have a good healthful start to the day.

Serve a balanced breakfast that is made up of whole grains, protein, and fruit or vegetables. You could try any of these delicious ideas:

- whole-grain cereal with low-fat milk topped with fruit or nuts
- whole-grain waffles topped with peanut butter or ricotta cheese and fruit
- whole-wheat pita stuffed with sliced hard-cooked eggs and fresh spinach
- oatmeal topped with nuts and fruit and sprinkled with cinnamon
- half a whole-grain bagel topped with peanut butter and fresh fruit (banana or apple wedges)
- breakfast smoothie (low-fat milk or yogurt, fruit, and wheat germ or bran whirled in a blender)
- vegetable omelet with whole-wheat toast
- sliced cucumbers and hummus in a whole-wheat pita
- lean turkey and tomato on a toasted English muffin
- heated leftover rice with chopped apples, nuts, and cinnamon
- shredded cheese on a whole-wheat tortilla, folded in half, microwaved for 20 seconds, and topped with salsa

Source: Adapted from <https://kidshealth.org/en/parents/breakfast.html>

COOKING WITH KIDS

Seasonal Layered Fruit Salad

- 1/2 cup fruit A
 - 1/2 cup fruit B
 - 1/4 cup vanilla or fruit flavored low-fat regular or whipped yogurt
1. Select two different fruits to fit the season, holiday, or summer fun event.
 2. Choose fresh, frozen, or canned fruits.
 3. Using a clear 9-ounce cup, work with your kids to build their layered fruit salad by layering fruit and yogurt.

Serving size: 1 1/4 cup

Fruit combination examples

- Fall: Pineapple chunks, mandarin oranges, vanilla yogurt
- Winter: Blueberries, green grapes, blueberry yogurt
- Spring: Peaches, red grapes, peach yogurt
- Summer: Cantaloupe, blackberries, blackberry yogurt
- Patriotic: Blueberries, raspberries, vanilla yogurt
- Valentine: Watermelon chunks, raspberries, strawberry yogurt
- Christmas: Strawberries, sliced kiwi, vanilla yogurt

Source: <https://www.planeatmove.com/recipes/recipe/seasonal-layered-fruit-salad>



RECIPE

Apple Grilled Cheese

- 2 teaspoons butter
- 4 slices whole-wheat bread
- 2 slices American or cheddar cheese
- 1/2 cup spinach
- 1 teaspoon honey
- 1 apple, cored and thinly sliced

1. Place a medium skillet over medium heat. Butter one side of each slice of bread.
2. Place one slice of bread in the skillet, butter side down. Top with two slices of cheese and 3 to 4 pieces of spinach. Drizzle with honey. Place 2 to 3 apple slices on the sandwich.
3. Top the sandwich with the other slice of bread, butter side up. Cook for 2 to 3 minutes, or until golden brown and flip.
4. Repeat for the next sandwich, or if your skillet is large enough, do two at a time.

Servings: 2; Serving size: 1 sandwich

Source: <https://www.planeatmove.com/recipes/recipe/apple-grilled-cheese>

Welcome to September and Happy Labor Day! Here are a couple of things before we get into the newsletter.

If you plan to reseed or renovate a hay/pasture field that had flood damage or any field that needs to be renovated, now is the time to do that and we have a brand-new no-till seed drill that can be rented. Using a no-till drill greatly improves your chance of being successful. The UK Extension Service has an excellent publication on Renovating Hay and Pasture Fields. Give me a call if you would like to have a copy.

Along those same lines, we also have a fence post driver to rent if you need to do some fencing or replace some damaged fence. This driver is used to drive wooden fence posts and will cut your fencing time in half.

CAIP GRANT

Applications for the CAIP grant should be ready for pick up the first week of September. You can pick up applications at the Perry County Conservation District Office on Morton Blvd. Be sure to call first to make sure they are ready for pick up, 435-1725. Applications will be available for two weeks once they are released. If approved for funding, you will have six months to complete your project.

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, give me a call at the Perry County Extension office. I will be happy to walk you through the process. You can also go to the Kentucky Department of Agriculture web page at www.kyagr.com. At the top of the page, click on AG Policy, then click on Applicants, then click on 2023 Program/Project Guidelines. From there scroll down until you see CAIP Guidelines. You can see all funding areas and what qualifies.

HAY TESTING & ANNUAL HAY CONTEST

The UK Cooperative Extension Service is once again providing free hay testing. Samples must be collected by an Extension Agent and collected before **Thursday, September 28, 2023**. To schedule a time to have your hay tested, give me a call at the Perry County Extension Office. Hay testing is an excellent management tool. You can use the information from the test to determine supplementation needs for your livestock.

You can also enter your hay sample (s) into the annual Hay Contest if you so choose. Ribbons will be awarded for 1st, 2nd & 3rd place in eleven categories: Alfalfa, Alfalfa Grass, Mixed Hay, Grass and Summer Annual, Alfalfa silage, Alfalfa/grass silage, Mixed grass/legume silage, grass silage, small grain silage and summer annual silage. Results will be returned **October 24, 2023**. Contest winners will be announced that evening at an awards ceremony at the Wolfe County Extension Office during the fall Mountain Cattlemen Association meeting. (See enclosed flyer).

Fall Lawn Care

It's been a so/so summer. We had a lot of rain, then heat and humidity, then dry conditions, which has been rough on our lawns. If yours is in rough shape, September is an excellent time to renovate or re-seed it. October 1st is about as late as you want to wait.

It is a good idea to lightly till, disc or use a dethatching machine or dethatching rake to the lawn before seeding for better seed to ground contact. The best choice for reseeding would be using a slit-seeder if you have access to one. These machines actually plant the grass seed to the recommended depth for you. Before renovating or seeding, it would be good to have the soil tested, especially if you haven't had your soil tested in a couple of years. A soil test will determine how much fertilizer and lime is needed. The Perry County Extension Office sponsors free soil testing during the months **of March, September, and October** of each year. To learn how to take a soil test correctly, you can look on the Perry County webpage under the AG and Natural Resource link, we have a publication posted there or call our office and we can send you the publication. Of course, you can always just drop by and pick one up.

Fall is the best time to fertilize lawns in Kentucky. Fall fertilization is usually done in October or November, however if your lawn needs lime, it's a good idea to get it on as early as possible.

As far as selecting grass to seed, this becomes an individual preference. It also depends on how much maintenance and work you're prepared to do. Bluegrass lawns take a great deal of maintenance and establish slowly. They also need to be irrigated in the summer. My personal preference is a Tall Fescue variety. Tall Fescue lawns usually need very little maintenance and stand up well under heavy traffic and are somewhat drought tolerant. The newer Tall Fescue varieties that are out resemble Bluegrass in texture. If your lawn is shaded, you will need to select a shade tolerant variety, such as perennial ryegrass. Tall Fescue varieties need to be seeded at a rate of 6 pounds of grass seed per 1000 square feet of lawn.

If broadleaf weeds are a problem in the lawn, October to early November is a good time to get control. Most broadleaf weeds can be controlled using 2,4-D or Bavel or a combination of the two. If you have re-seeded your lawn you need to wait at least two weeks after the seeds have germinated before spraying for weeds. Always read and follow the label on any Pesticide that you use.

I have publications on renovating lawns, selecting the right kind of grass and weed control. If you would like one of these publications, give me a call at the Perry County Cooperative Extension Service Office.



MOUNTAIN CATTLEMEN'S *Fall Meeting*

TUESDAY OCTOBER 24, 2023 | 5:30PM
WOLFE COUNTY EXTENSION OFFICE



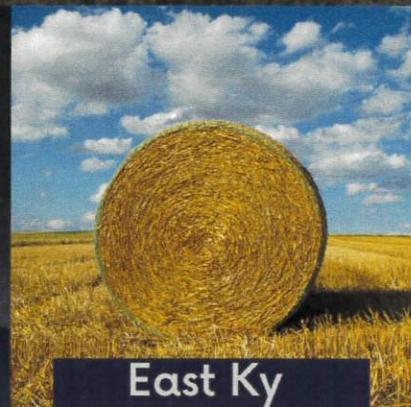
Business Spotlight

The Holbrook Family will be sharing the exciting things they have going on at the dealership while showcasing some new products!



Market Update

Dr. Kenny Burdine, UK Livestock Marketing Specialist will be sharing a cattle market update.



East Ky Hay Contest

Results and information from the East Kentucky Hay Contest will be shared and distributed this evening!

REGISTER

BY CALLING YOUR LOCAL COUNTY OFFICE
MEAL WILL BE PROVIDED

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