

# OLDHAM COUNTY

## EXTENSION NEWSLETTER

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### Welcome Horticulture Assistant, Hope Gardiner



We would like to welcome Hope Gardiner to the Extension office. She will be serving as the Horticulture Program Assistant. Hope grew up in Woodford County with one foot in the city and the other on the family farm. There she found her love for both vegetable and flower gardening, horseback riding, playing in the fields with the cows and calves and working with producers at the Tobacco Warehouse. Hope graduated from Western Kentucky University in 1992 studying Horticulture.

She went on to work for several retail garden centers and then the Kentucky Department of Agriculture as Marketing Specialist for the Nursery and Greenhouse Industries, as well as, ran the Kentucky Certified Organic Program. In 2004, She completed the Phillip

Morris Agriculture Leadership Development Program.

Hope and her husband moved to Crestwood in 2010 to raise their two children. She immediately started getting involved in the community and was the recipient of the 2015 Oldham County Woman of Distinction Award. For the last seventeen years Hope has helped run the family landscape design and installation business. She and her family live on 11 acres in Oldham County with extensive gardens, and a wide variety of farm animals. In her spare time, Hope enjoys oil painting, making stained glass windows, making goat's milk soaps, knitting, being outdoors, and watching her children play sports.



# 4-H YOUTH DEVELOPMENT



## Santa's Workshop

4-H members will create holiday gifts for friends and family at Santa's

Workshop which will be held Tuesday, December 20, 10:00 am to Noon at the Extension office. The workshop is for youth ages 9 to 13 and the registration fee is \$30.00. To register call (502) 222-9453 or email Kelly at [kwoods@uky.edu](mailto:kwoods@uky.edu)



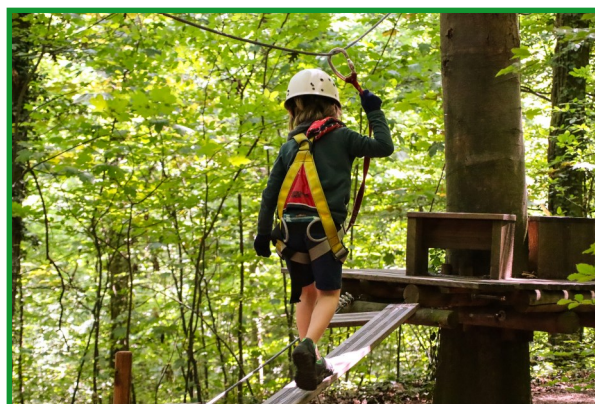
**Celebrate 4-H!**

**National 4-H Week is October 2-8**

## 4-H Adventure Club

4-H is starting a new club for those who like to do adventurous things! The club will take part in at least 4 outings this year that would be mostly outdoors. We want club members to help decide the activities, but ideas might include kayaking, snowtubing, hiking, cave or farm tours, fishing, horseback riding, zipline/ropes courses, mud runs, or more. It can also include community service projects like a trail or camp cleanup or a town beautification day. Look for a planning email notice coming

soon. This can be for teens or whole families, depending on interest. If you are interested in this club, please let us know. Call (502) 222-9453 or email Stephanie at [s.willis@uky.edu](mailto:s.willis@uky.edu).



## 2023 Piggy Bank Design Contest

Celebrate **Kentucky Saves Week** by creating your own piggy bank.

Kentucky students K-12 are invited to take part in the 2023 Piggy Bank Design Contest, all entries are due to the Oldham County Extension office by November 4, 2022.

The bank must meet the following requirements: the bank cannot exceed 12 inches x 12 inches x 12 inches (1 square foot), must have a slot, be able to

hold coins, and created by youth participant. Plastic and ceramic banks may be used but personally decorated. Piggy banks do not

have to be in the shape of a pig. Repurposed containers may be used.

Winning piggy banks will be displayed in the Capitol Rotunda in Frankfort, KY during February

2023. Contact the Extension Office at (502) 222-9453 for an entry form.



**MORE OPPORTUNITY, MORE SMILES.**

**4H WEEK**



# Start Your 4-H Achievement Application Today!

The Achievement Program provides the opportunity to receive scholarships to Teen Conference, 4-H Congress and college scholarships. Interviews at the state level will be needed for certain levels. You can get started in the Achievement Program when you are in the sixth grade and continue throughout the rest of your 4-H career.

New this year! Zingbooks, an online-based Achievement Record, is available for first time Achievement participants. An orientation will be held at 205 Parker Drive on October 4th at 6:30 pm to review Zingbooks and answer any questions families may have. Call (502) 222-9453 to register.

## Kentucky State Fair Winners

This year, 4-H had 40 projects advance to the State Fair. The members whose projects advanced are as follows:

**Ethan Jasinski**  
**Lindsay Jasinski**  
Brynlee Jones  
**Kendall Kennedy**  
Madison Lassell  
Audrey Leet  
**Bethany Matthews**  
**Micah Matthews**  
**Madison McVay**  
**Maya Mullins**  
**Carrie Olds**  
**Ella Olds**  
**Jonathan Orman**  
**Sam Perius**  
**Peyton Runyan**  
Alana Shinholster  
Lily Skinner  
**Liam Taylor**  
**Allie Thurman**  
Braxton Wentworth

Congratulations to all names in bold, as they received one or more blue ribbons for their hard work. Special congratulations to Ella Olds, Bethany Matthews, and Liam Taylor for receiving a purple State Fair Class Champion ribbon in their category.



*Junior Sand Painting  
by Liam Taylor*

### 4-H Clubs

For more information on the clubs please visit <http://oldham.ca.uky.edu/4H-clubs> Please contact the leader about joining.

### Grades K-3

#### **Cloverbuds**

Meets the second Tuesday of each month

Leaders: Elizabeth Renner (502) 758-8077 [elizabethg1995@gmail.com](mailto:elizabethg1995@gmail.com)

Sherry DeCuir [OC4H-Cloverbuds@gmail.com](mailto:OC4H-Cloverbuds@gmail.com)

### **4-H Friends Cloverbuds**

Meets the last Tuesday of each month

Leader: Katie Kramer (502) 509-3276

[4HFriendsCloverbud-Club@gmail.com](mailto:4HFriendsCloverbud-Club@gmail.com)

### Ages 9 and Up

#### **Ballardsville High Riders (Horse Club)**

Leaders: Jean Jenkins (502) 241-4143

[Jean.Jenkins0209@gmail.com](mailto:Jean.Jenkins0209@gmail.com)

Jackie Olds (502) 417-7374 [KnobValley@yahoo.com](mailto:KnobValley@yahoo.com)

### **Clover Explorers**

Meets the second Tuesday of each month

Leader: Annette Kennedy [AnnetteKennedy@bellsouth.net](mailto:AnnetteKennedy@bellsouth.net)



# Pumpkin Science

## 4-H Clubs continued

### Cosmic Cooking Club

Meets one Thursday a month

Leader: Molly Nelson

[Mollynelson22@gmail.com](mailto:Mollynelson22@gmail.com)

### Delicious Delights

Meets the first Monday of each month

Leader: Annette Kennedy [AnnetteKennedy@bellsouth.net](mailto:AnnetteKennedy@bellsouth.net)

### Leaders of the Pack

Leaders:

Cindy Guenther  
(502) 648-0534  
[Woodedfarm@aol.com](mailto:Woodedfarm@aol.com)

Jackie Olds  
(502) 417-7374  
[knobvalley@yahoo.com](mailto:knobvalley@yahoo.com)

### Poultry Club

Meets the second and fourth Thursday

Leader: Andrea Knorr

(513) 479-2650

[knorr\\_andrea@yahoo.com](mailto:knorr_andrea@yahoo.com)

### Age 14 and Up

#### Teen Club

Meets the third Monday of each month

Leader: Kelly Woods

[KWoods@uky.edu](mailto:KWoods@uky.edu)

With fall in full swing, pumpkins are a great way to get young people interested in science and learning more about nutrition and local food systems. You can find many different types of pumpkins throughout the state at farmers' markets, orchards or roadside stands. They will vary in size and color depending on their purpose. Pumpkins range from small decorator pieces to pie pumpkins to large carving jack-o-lanterns. It may be fun for younger youth to make comparisons and talk about uses for pumpkins before choosing one to take home.

Pumpkins are a living science experiment. Cut a pumpkin in half and show 4-H'ers different features of the pumpkin. You can also cut a pumpkin blossom in half and show youth the different parts of the flower and how they work together to form a pumpkin. Explain the role bees and other insects play in pollinating pumpkin flowers.

Help youth practice their math skills using pumpkins. Ask your 4-H'er to guess how much a pumpkin weighs and then weigh it. Have youth use a tape measure to find the pumpkin's circumference and a ruler to measure its height. 4-H'ers can guess how many seeds are inside a pumpkin, and then remove and count them.

Pumpkin foods are common throughout the season. The exciting thing about this is they are also full of nutrients. The filling of pumpkins is an excellent source of vitamin A, which can support healthy eyesight and bone and cell development. It is also a good source of vitamins C, K and E and the minerals magnesium, potassium and iron. Pumpkin seeds are a good source of protein and iron and are often roasted before eating. Prepare a pumpkin-inspired dish with a 4-H'er and talk about the benefits of healthy eating.



## Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ¼ teaspoons baking soda	1 ½ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

**Preheat** oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

**Note:** Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

**Yield:** 18 muffins

**Nutritional Analysis:** 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



# Congratulations Shooting Sports Winners

Winners from the State Shooting Sports Competition held September 10-11, 2022:

Andrew Myers, 15-18 - 1st place Black Powder Rifle AND 1st place Black Powder Pistol, also 3rd place .22 Pistol

Neil Simonson, 12-14 - 2nd place Black Powder Pistol

Allison Eberle, Neil Simonson, Xander Atherton and Woody Cecil, 12-14 - 3rd place team .22 Pistol

Rhett Shirrell, 9-11 - 3rd place Archery Barebow



Black Powder:  
Andrew Myers &  
Neil Simonson



Trap member: Jaxon  
Hockersmith



Archery: Allison Eberle & Coach Sam Finney



SS members with trophies: Andrew Lamkin, Neil Simonson, Andrew Myers, & Kyle West



Trap members l to r:  
William Senninger,  
Ryan Albro,  
Coach Kenny Smith,  
Trent Fitzner,  
& Andrew Myers

## Are You Looking for a Volunteer Opportunity?

Do you have a special skill you would like to share? Oldham County 4-H is recruiting volunteers to lead after school programs in woodworking, crocheting, painting or any other special talents that could be shared with our members. Those interested would complete a volunteer application, complete a background check, supply references and attend an orientation.

Contact Kelly Woods at (502) 222-9453 for more information on getting started.



# AGRICULTURE & NATURAL RESOURCES

## County Fair – Agriculture & Floral Results

### 2022 Ag Census Available in November

Kentucky's farmers will soon have the opportunity to be represented in the nation's only comprehensive and impartial agriculture data for every state and county. The U.S. Department of Agriculture (USDA) will mail the 2022 Census of Agriculture to 125,000 Kentucky ag producers.

The 2022 Census of Agriculture will be mailed in phases, starting with an invitation to respond online in November. Farm operations of all sizes, urban and rural, which produced and sold, or normally would have sold, \$1,000 or more of agricultural product in 2022 are included in the ag census.

Collected in service to American agriculture since 1840, the Census of Agriculture tells the story and shows the value of Kentucky and Oldham County's agriculture. It highlights land use and ownership, producer characteristics, production practices, income and expenditures, among other topics. For more information visit [www.nass.usda.gov/AgCensus](http://www.nass.usda.gov/AgCensus).

Thanks to everyone who brought entries. This year's entries were all competitive, showing that participants carefully chose items for competition. Congratulations to our winners!



**Best of Show Agriculture, Adult Division:**  
Leslie King, Red Tomatoes



**Grand Champion Floral Exhibitor, Youth Division:**  
Bethany Matthews

**Best of Show Agriculture, Youth Division:** Micah Matthews, Cherry Tomatoes

**Grand Champion Agriculture Exhibitor, Youth Division:** Micah Matthews



**Grand Champion Agriculture Exhibitor, Adult Division :**  
Alice Ashlock



**Grand Champion Floral Exhibitor, Adult Division:** Denise Amos



# Oldham County Farmers in the News

For the folks who've lived here a long time, it's easy to remember when orchardgrass seed, tobacco, and dairy were the top ag commodities in the county. Horses, grain and forage crops, nurseries and greenhouses, and vegetables are now far more common sights on our farms.

*I enjoy sharing your farm stories, and it's helpful for our community and other farmers to understand the variety of ag enterprises going on here. If you'd like to share about your operation, please contact me.*

- Traci Johnson,

Ag & Natural Resources agent  
[traci.johnson@uky.edu](mailto:traci.johnson@uky.edu)

With our proximity to Louisville, plus the number of young families with kids here, horses make perfect sense. It also makes sense that farmers are positioned to capitalize on a big market for local foods. We have so many successful producers here in the county to celebrate. A few have been in the news recently, and you will enjoy their stories. A thread of success they all share is the ability to identify and capture local markets for their products. From supplying pumpkins to the zoo to establishing CSA's and selling at farmers markets, these farmers have found ways to be successful while doing what they love – farming and preserving their land for future generations.

**Wes Husband** of Oldham County recently sat down with Alan Watts of Kentucky Farm Bureau for an interview. As a fourth generation farmer on his family's centennial farm, Wes used this experience plus his networking and marketing skills to create markets for his farm products. You can hear Wes's interview at <https://www.buzzsprout.com/953704/>

Neither **Ben Abell** nor **Bree Pearsall** grew up on a farm. You wouldn't guess it though, if you've ever been to Rootbound Farm. They produce certified organic vegetables, chickens, eggs, and lamb for CSA customers at over 20 different pick-up locations in our area. Ben and Bree were featured in an August issue of *The Farmer's Pride*. If you'd like to learn more about them, check out their website at <https://www.rootboundfarm.com/>

Although **Jon Bednarski** didn't grow up on a farm, he showed cattle as a youth in Vermont. When he decided to begin farming here in Oldham County, his background in sales and marketing were vital in successfully building a customer base for his beef. Jon is also very active in conservation efforts. This passion led to him recently becoming part of the Sand County Foundation's beginning farmer mentor program. Meet two of the farmers he's working with at <https://m.youtube.com/watch?v=V9JACJZy23k>

## The Farmer's Voice

Wes Husband of Oldham County

AUGUST 08, 2022 KENTUCKY FARM BUREAU



# State Fair Land Judging Contest Held at Pearce Farm



**SAVE  
THE  
DATE**

## UPCOMING EVENTS

**Call the Extension  
office to register  
(502) 222-9453**

### **Oldham Co. Cattlemen's Association**

*November 3 @ 6:30 pm*

### **Beef Quality & Care Assurance Certification**

*November 17 @ 10:00  
am OR 6:00 pm*

### **Youth Ag Investment Program Project Presentations**

*November 17 @ 6:00 pm*

### **Oldham County Ag Connection**

*December 1 @ 6:00 pm  
Natural Resources Con-  
servation Service will  
discuss technical assis-  
tance & cost-share  
programs.*

### **Private Pesticide Applicator Certification**

*December 9 @ 9:00 am*

Thanks to Jim Pearce for hosting the state fair land judging contest this year. Fifty-one youth competed this year, honing skills that have uses beyond the farm. Besides understanding about land productivity from a farming per-

spective, youth also learn skills that can be applied to industrial, residential, and recreational land uses in Kentucky.

It's fitting that Oldham County native and former FFA'er Bob

Pearce kicked off the contest at his uncle's farm. Bob is an Extension Specialist at the University of Kentucky with expertise in soils, tobacco, and hemp.



## Basics of Tractor Maintenance December 3rd

We will host a Tractor Maintenance Demo and Workshop on Saturday, December 3<sup>rd</sup> at 9:00 a.m. at TNT Farms.

UK Ag Engineering's Josh Jackson and Morgan Hayes will show you how to do the basics like changing fluids, greasing, winterizing your tractor, and more.

Routine maintenance extends the life of a tractor, plus doing it yourself can save money.

Space is limited, and registration is required to attend. Please call (502) 222-9453 to reserve your spot.





# FAMILY & CONSUMER SCIENCES

## Introducing the Kentucky Farm to School Hub

The University of Kentucky Cooperative Extension Service Nutrition Education Program has worked with the Kentucky Department of Agriculture Farm to School Program to produce the Kentucky Farm to School Hub.

This is a free statewide website designed to help farmers and school food purchasers find one another and coordinate production of local food with school menu needs, so more Kentucky food makes its way to the plates of Kentucky schoolchildren. The two agencies started conversations with school food service directors and producers in 2019, gathering information about the barriers and difficulties each face in implementing Farm to School programming. The design and capabilities of the website flow directly from these conversations and address the barriers expressed by producers and school purchasers.

The Kentucky Farm to School Hub provides a host of practical “how to” resources for both producers and school food purchasers, but the most valuable resource may simply be the opportunity to locate one another and begin meaningful dialogue to

form the basis of a trusting business relationship. In time, these business relationships may contribute to a more highly developed and sustainable local food system and healthier Kentuckians.



The Farm to School Hub is all about bringing schools and farmers together, to get more nutritious local food on the plates of Kentucky students! Access the Kentucky Farm to School Hub at [www.kyfarmtoschool.com](http://www.kyfarmtoschool.com).

Contact the University of Kentucky Cooperative Extension Service Nutrition Education Program office at (859-257-2948) or email Tina Garland at [Tina.Garland@ky.gov](mailto:Tina.Garland@ky.gov) for more information.

### **BIG BLUE GOALS**

#### **Join the BBG HOT Challenge!**

*Challenge yourself to improve your daily life. Get ready to work alongside your friends and neighbors to boost your health.*

*Participants will set goals to achieve in any or all of the categories:*

- ◆ **Physical Activity**
- ◆ **Fruit & Veggie Intake**
- ◆ **Living Well**

*Call (502) 222-9453 to register.*

*The program runs for 8 weeks: Oct. 1–Nov. 30*

***Incentive prizes awarded to those who complete the challenge!***



# Stay Safe During Tailgating Season

Source: Annhall Norris, food preservation extension specialist

*Coming Soon*

## **UPCOMING PROGRAMS:**

### **October**

- ◆ *Fire Safety—10/6*
- ◆ *BIG BLUE HOT Goals*

### **November**

- ◆ *Emergency Preparedness*
- ◆ *Charcuterie Boards*
- ◆ *Kicking Cancer in Kentucky*
- ◆ *Walking Across Kentucky*
- ◆ *Meal Kits: Are They Worth It?*

Tailgating has been a sporting tradition for decades. For many fans, football and tailgating go hand in hand. However, poor food handling procedures at your tailgating party could result in a foodborne illness. Take the following precautions to keep you and your visitors safe from foodborne illnesses.

Wash your hands or use hand sanitizer. Parking lots don't have access to running water so bring your own hand-wash station. Portable water jugs with a spigot can be found in the drinking water aisle of most grocery stores. Bring along liquid soap, paper towels and a bucket to catch wastewater. Wash your hands before and after preparing food and especially after using the portable restrooms. Always wash your hands before eating and encourage your tailgating friends to wash their hands before eating too.

Keep cold foods cold. Perishable food should be kept at temperatures below 40 degrees F. Use insulated coolers and plenty of ice or frozen gel packs to keep meat, poultry, sandwiches, dairy and deli salads cold. If you plan on grilling, keep the raw meat separated from

ready-to-eat products and drinks. Use two coolers and designate one for raw ingredients and one for ready-to-eat.

Keep hot foods hot. Cooked foods should stay above 140 degrees F. Food can be kept hot in disposable pans on the grill. Insulated containers or Sterno heaters can also be used to keep casseroles and other cooked foods hot. If electricity is available, slow cookers are a great option for keeping foods like chili and homemade dips hot.

When grilling, use a metal-stemmed thermometer to ensure your meats reach the correct internal temperature before taking them off the grill. All poultry should be cooked to 165 degrees F and ground meats like burgers should be cooked to 160 degrees F. Roasts, steaks and chops of beef, pork, lamb and veal should be cooked to 145 degrees F. Hot dogs and bratwurst should be cooked to 165 degrees F. Never use color as an indicator of doneness.

Eat prepared food within two hours. If the outside temperature is higher than 90 degrees, consume the food within an hour.

Once you're finished with the pre-game celebrations, remember to throw away leftovers in trash cans with plastic liners and lids before heading into the stadium. After returning home, clean and sanitize all your food preparation equipment including coolers, thermometers and utensils.





# Cultural COOK ALONG 2.0

COOPERATIVE EXTENSION



## Italy

October 25, 2022,  
6:30 p.m., via Zoom  
Salute! With cuisine ranging from pasta to rice, and beans to beef, Italy is sure to be a great cultural exploration as we cook together to make an Italian dish or two.



## France

November 29, 2022,  
6:30 p.m., via Zoom  
Santé! From boeuf bourguignon and croissants to salad nicoise France offers a variety of taste sensations. Cook along as we make a French dish or two.

Spacing is limited call the Extension office to register (502) 222-9453

Register to join us at the Oldham County Extension office for any or all of the sessions. Each month will feature a different recipe and information about the featured culture. Please call (502) 222-9453 for the Oldham Co. in-person option.

If you prefer to join virtually from your home computer, tablet, or cell phone, please register by calling (859) 654-3395 or at [pendleton.ca.uky.edu](http://pendleton.ca.uky.edu). Registration required. Supply and ingredient lists and other special instructions will be sent via e-mail about a week prior to the program.

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Stay up-to-date on all the latest information and events:



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## FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Oldham County Family & Consumer Sciences



## Homemakers' Week

We are celebrating Homemakers' week October 9-14<sup>th</sup> and are hosting a Meet & Greet.

October 12, 2022  
5:00-8:00 pm

Oldham Co. Extension  
205 Parker Drive  
La Grange, KY

Call to register  
(502) 222-9453



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## Your Oldham County Cooperative Extension Service



Hope Gardiner, Horticulture  
 Program Assistant



Traci Johnson, Agriculture  
 & Natural Resource Agent

*Traci Johnson*



Amy Logsdon, 4-H  
 Program Assistant



Melanie Panaretos, Extension  
 Program Assistant



Sherry Ragsdale, Senior  
 EFNEP Assistant



Heather Toombs, Family &  
 Consumer Sciences Agent

*Heather Toombs*



Stephanie Willis, Extension  
 Program Assistant



Kelly Woods, 4-H Youth  
 Development Agent

*Kelly Woods*

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