



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

EXTENSION NEWSLETTER

OLDHAM COUNTY

WINTER 2024

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Kentucky Extension Master Gardener

The Extension Master Gardener program provides horticulture training in exchange for volunteer service. Participants are required to complete 40 hours of service

within one year of graduation to become certified.

Benefits include meeting other gardeners, building and sharing gardening knowledge, connecting with the community, and being associated with a well-respected national program.

Master Gardeners maintain certification in following years by completing 20 service hours and 10 hours of continuing education annually.

Extension Master Gardeners use and provide research-based recommendations for clients.

The Extension Master Gardener program is offered through Oldham County Cooperative Extension. To register for the 2025 class. Contact horticulturist, Hope Gardner, at (502) 222-9453. Applications are due February 1st. Cost is \$125. Classes start February 13, 2025 and will be every other Thursday, 9:00 am - 12:00 pm through August.

SAVE THE DATE!

CREATING A
GREENER
FUTURE WITH:

REGENERATIVE AGRICULTURE

January 30th
February 6th
February 13th

6:00 PM

OLDHAM COOPERATIVE
EXTENSION

PLEASE RSVP TO (502) 222-9453
MEAL PROVIDED

CLASS 1:
PASTURE
MANAGEMENT
AND GRAZING

CLASS 2:
CROP PRACTICES

CLASS 3:
SOILS



For more information on all our upcoming events and programs at Extension, check out our website: oldham.ca.uky.edu

Keep Your Chickens Healthy This Winter



Regarding nutrition, chickens' dietary intake tends to increase during winter since they require more energy to keep warm. Treats like scratch grains are beneficial for their warmth-inducing digestion and as an activity stimulant, but should be offered sparingly and never mixed with a complete, nutritionally balanced feed as it would dilute nutrients. Ensuring continuous access to unfrozen water is equally important because chickens will not eat if they cannot drink.

Egg production might dip due to reduced daylight; therefore, some opt for supplementary lighting to stimulate laying. It is important that the number of light hours per day never decreases during egg production. A minimum of 14 light hours per day (no more than 18) is recommended to maintain egg production throughout the year.

Chickens, which typically have an internal temperature around 106° F may experience cold stress when the environment's chill overwhelms their heat generating capabilities. Indications that your chickens might be feeling the

cold include behaviors like feather fluffing, huddling and tucking one foot up to their body for warmth. When such stress is prolonged, it can impair their well-being and could be fatal.

When considering your flock, it's vital to recognize that not all breeds are equally winter resistant. Heavier breeds, such as the Plymouth Rock or Orpington, tend to endure cold better than their lighter counterparts or those with substantial combs and wattles, which are susceptible to frostbite. Monitoring the flock dynamics, especially if diverse breeds are present, is crucial since bullying over resources can leave some chickens malnourished and more vulnerable to the cold.

Preparing your coop for the winter is fundamental. It should be a sanctuary, protecting against elements and predators alike. Roosts are essential, providing an elevated perch that shields them from the cold ground and also allow the feet to dry better. These

should be crafted from materials like wood, avoiding metal or plastic, which can aggravate the cold. Perches should be spacious to prevent overcrowding, but cozy enough to allow shared body heat.

Managing airflow is essential; you must ensure adequate ventilation to prevent the buildup of harmful ammonia and moisture accumulation. Chickens can withstand relatively cold temperatures as long as they are dry. You may need to insulate the coop to keep the warmth in. On below freezing nights, it may be necessary to provide supplemental heat.

Historically, infrared heat lamps have been used to provide supplemental heat, but they can be a major fire risk. Alternative heat sources that have lower fire risk are now available. Use only equipment designed for livestock, and always have installations carried out by a professional.

Tending to chickens in winter revolves around striking a delicate balance: ensuring they're warm but not overheated, well-fed but not overindulged and active yet secure from the harsh external environment. With meticulous planning and proactive management, your poultry can thrive even when the temperatures drop.

Choosing Housing for Small Poultry Flocks

Raising small poultry flocks on the farm or in the backyard has become very popular. The most important things to remember when choosing the type of housing are provisions for adequate shelter from weather, adequate ventilation and also protection from predators.

You should choose housing that is easy to build from readily available materials. Housing should also have a low maintenance cost and support the changing needs of your flock.

Over the years, a variety of designs for backyard flocks have hit the market, each with their own pros and cons. The best design for you depends on the number and types of birds you have and on how much you want to spend. It's a good idea to make the coop tall enough for you to stand inside; you'll clean it more often if you can get inside. If you need a lower coop for some reason, make sure you have easy access to make cleaning easier.

One popular option for backyard flocks is a bottomless, moveable coop. The owner can move it at

regular intervals, so the birds always have access to fresh grass. These housing units also protect birds from predators.

This type of structure is also helpful for small production flocks. You can use the basic hoop design and amend it for the size of your flock. Here is a link with step-by-step instructions <https://publications.ca.uky.edu/sites/publications.ca.uky.edu/files/ASC189.pdf>

For more information about backyard and small poultry flocks, contact Gretchen Winslow at the Oldham County Cooperative Extension Service.



For more information about raising small flocks, visit the Kentucky Poultry Extension Facebook page at [facebook.com/KentuckyPoultry](https://www.facebook.com/KentuckyPoultry)

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)
Heat oil in medium saucepan. Add onion, garlic, carrots, and celery and stir for 2 minutes. 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. Season to taste before serving. Store leftovers in the refrigerator within two hours. Number of servings: 4
Source: What's Cooking? USDA Mixing Bowl

Keeping Your Houseplants Happy During Wintertime



Even though your houseplants do not have to deal with the cold like your garden does, you should still change how you care for them this season, ensuring they stay healthy and continue to grow well. Following these tips, your leafy friends will bring lushness and natural beauty into your home, even in winter.

Decrease watering

In general, less light means less water. Plants need less water in the winter because they don't get as much sunlight, compared to spring and summer. To test soil moisture, push your finger into the potting soil at least one inch deep. If the soil is dry, water thoroughly. It is better to water plants well less often than water just a little bit every day. In the winter, it is possible that you will only need to water once every two to three weeks.

Pay attention to the sun

If possible, move your plants closer to the windows. If they're on the ground, put them on a plant stand. Every week or two, rotate the pots to ensure all sides of the plants get some sunlight.

Put the fertilizer on hold

Winter is a time for most houseplants to rest. In the fall, stop fertilizing and start back up again in the spring when plants get more sunlight and start growing again.

Scan for pests

If you are bringing plants inside for the winter, be sure to check the leaves, stems and soil surface for pests. Wipe leaves down with a wet cloth or remove pests by hand before bringing the plants inside. Small bugs that feed on sap, like aphids and scales, tend to show up more in the winter. Another common winter pest is the spider mite which likes warm, dry places to live. When watering, flip the leaves over and look at the undersides and along the stems. If you find bugs, use your fingers or damp cloth to remove them. Neem oil and insecticidal soap may be options for managing houseplant pests. Be sure to read the entire label for application instructions and precautions.

Increase the humidity

In the winter, the air inside our heated homes is often drier. Most houseplants, especially those from tropical areas, do best when the humidity is between 40 and 50%. However, in the winter, most homes have humidity levels between 10 - 20%. Putting plants close together is an easy way to make the air around them more humid. Plants can also be put on trays with pebbles and water to make the air more humid. To keep the roots from rotting, pot bottoms should be above the water. As the water evaporates, it makes the air around your houseplants more humid. Keep plants away from vents with blowing air.

It's okay if a few leaves fall off. Plants outside over the summer will probably lose some leaves when they come back inside. This is normal because they are getting used to the lower light levels inside. It's normal for plants that stay inside all year to lose a few leaves as winter approaches. This is just their way of getting ready for less light.

Avoid temperature extremes. Keep plants away from cold drafts, radiators and hot air vents. Sudden hot or cold drafts can kill plants, stress them out, or dry them out.

FAMILY & CONSUMER SCIENCES

Winter Is A Great Time for Families

The winter months are a great time to catch up on much-needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home, you have plenty of indoor activities to do with your children that can create a meaningful family experience and many beautiful memories.

Spending time with parents is very important to a child's well-being.

Studies have shown families who spend time together have happier, healthier children who do better in school. Family

time promotes positive emotional health in children, which is linked to a greater likelihood of avoiding risky behaviors, such as drug use and a lower risk for depression.

The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking.

Story time: While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or

involve them in creating a silly story. You can also take turns sharing your favorite family stories or memories.

Kitchen time: Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items

to be gifts for friends and family members. You'll also be teaching them valuable math and life skills.



Dance party: Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.

Scavenger hunts: The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by listing items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure.



Monthly Open Sew

Learn sewing skills from a Master Clothing Volunteer. Sessions are the second Monday of each month from 4:00 - 7:00 pm at the Extension office. Bring a project you are working on and need help with or a beginner project will be provided.



Upcoming

Important Dates:

- * **December 7:** Super Saturday open to community members 10:00 am - 2:00 pm
- * **February 21:** Cultural Arts item drop-off at Extension
- * **February 22:** Cultural Arts at Extension

Caregiving During the Holidays

Providing care for someone can be both rewarding and challenging.

However, the responsibilities and obligations that come with the holidays can create added stress. The following suggestions may help make the holidays easier on you, the person you are caring for and your extended family and friends.

1. Make a plan. Planning includes little things like shopping for holiday presents and food well before the actual holiday to spread out time, money and stress and booking homecare or respite if needed with an agency in advance to ensure you have help.

2. Prepare your visitors. Bring the realities of caregiving to the attention of your guests and uninvolved family members who may not know a person's condition has changed. You may do this in a holiday greeting or by writing a brief note describing the person's needs. Let people know in advance about the need to adapt traditional roles and holiday experiences. For example, it may be less stressful for the person for whom you are caring to spend the holidays in their home, where they are comfortable, rather than traveling to another location or a new location.

3. Adapt the environment and traditions as needed. Depending on a person's

ability, large crowds, background noise, bright lights, etc. may be stressful. Multiple conversations may be challenging for someone with a hearing impairment or dementia, for example. Find quiet spaces and places for people to sit and visit. To help avoid added anxiety, assess ways to adapt the holiday experience which may include changing some holiday traditions and gatherings.

4. Make an effort to get help. Sharing the truth about the caregiving situation, including your stress and energy levels, can help reduce the risk of feeling stressed and isolated as a caregiver. Being forthcoming and asking for help can also give others a greater appreciation for what you do. The holidays are often a busy time. Give someone permission to run errands for you, such as picking up groceries or Christmas cards, or have them stay with your loved one so you can run errands. Share your wish list of needs. In addition to respite, for example, you may need help with home repairs. Most people will be happy to lend you a helping hand if you ask.

Make sure you schedule some time for yourself. Do something you enjoy while giving yourself a break from caring for others and preparing for the holidays. Doing something as simple as going for a walk, chatting with a friend or having a cup of coffee can greatly improve your mood.

Resources

How can we help? Visit <https://medicine.uky.edu/centers/sbcoa/caregiver-resources> for helpful resources from the UK Sanders-Brown Center on Aging:

- Family Caregiver Workshops
- Virtual Care
- Early Stage Support Group
- Memory Cafe



Fruit and Vegetable Peels Contain Many Nutrients

The benefits of fruits and vegetables are well known. Full of vitamins and minerals, eating them is important for a healthy diet. However, what about the peel which we normally discard? Turns out, you might want to give that a second look.

While the amount of nutrients differs based on the fruit or vegetable, generally speaking, eating the produce with peel intact can provide higher amounts of vitamins, minerals, and fiber compared to its peeled counterparts. Studies have found that a raw apple with the skin contains up to 332% more vitamin K, 142% more vitamin A, 115% more vitamin C, 20% more calcium and up to 19% more potassium than an apple without its peel. Likewise, a boiled potato with the skin can contain up to 175% additional vitamin C, 115% extra potassium, 111% more folate and 10% added magnesium and phosphorus than one without the peel.

Most people just use orange peels for zesting, but just one tablespoon of the fruit's peel provides 14% of the daily value of vitamin C. That's almost three times more than the inner portion. The same serving also gives you about four times more fiber.

Speaking of fiber, you probably never thought of eating a kiwi with the peel on, but if you do, you'll get 50% more fiber. The texture of the

peel isn't as tough as you might think. It is similar to that of a peach. Kiwi peel also provides 34% folate and 32% vitamin E. Not to mention, kiwi fruit is much easier to eat if you don't remove the peel.

Up to 31% of the total amount of fiber in a vegetable can be found in its skin. Higher fiber content will keep you fuller for longer and research has shown that fiber found in fruits and vegetables can be especially effective at reducing your appetite.

Don't forget antioxidants that fight against free radicals, which may play a role in heart disease, cancer and other diseases. Levels of antioxidants can be up to 328 times higher in fruit peels than in pulp.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to consider food safety. Make sure you thoroughly wash any fruits or vegetables whether you eat the food with the peel or decide to peel and cut it, to rid the produce of any dirt or germs.

For more information on healthy eating, contact FCS agent, Heather Toombs, at Oldham County Extension, (502) 222-9453.



The Results Are In

The steps have been tallied for our friendly STEP-tember walking competition. Oldham County is the winner for the mid-size counties AGAIN this year! Team Extension contributed 19,471,184 steps to help secure the trophy!



4-H YOUTH & DEVELOPMENT



Oldham County 4-H Members Shine at State Shooting Sports Event



The 4-H Shooting Sports program provides participants with a safe environment to explore their interests, share a sense of belonging, and form healthy relationships with

caring adult mentors. In the 2023-2024 program year, more than 5,000 Kentucky youth members took part, engaging with over 1,000 certified instructors across the state.

Congratulations to the following 4-H members on their success at the State Shooting Sports event in September.

Kendall Kennedy, Logan Veentjer, Allison Eberle and Xander

Atherton placed First .22 Pistol Team.

Kendall Kennedy, Logan Veentjer, William Senninger, and Allison Eberle placed Second .22 Sport Rifle Team.

Luke West placed Third in Recurve Target

Landon Evans, Hailey Hockersmith, Clayton Payne, and Jaxon Hockersmith placed Second in Black Powder Percussion Team.

Landon Evans placed Second in Black Powder Percussion.

Hailey Hockersmith placed Third in Black Powder Percussion.

Kudos to all our 2024 Shooting Sports members; we are so proud of you!



Art Expressions Workshop

Calling all young people aged 9 - 18 who want to express their creative flair. Join 4-H for Art Expression workshops, where you will create a paper lantern and learn to felt. The sessions will be held at 205 Parker Drive on January 21 & 28, 4:30 - 6:00 pm. Cost is \$20. Call (502) 222-9453 to register. Participation in both sessions is required.

Teen Club

4-H Teen Club prepared dinner and planned their calendar for the upcoming year.



Calling All Writers

The Kentucky 4-H Written Communication Contest is your chance to shine and boost your communication skills! Whether it is poetry, songwriting, essays, or original monologues, this contest has something for everyone.



Participating will help you enhance your writing, reading, and personal communication abilities—skills that are essential for success in all areas of life. Plus, it is a fantastic way to express your creativity and get recognized for your talents! Do not miss this amazing opportunity to gain experience and showcase your skills. Join the contest and let your words make an impact! Contact Kelly Woods at kwoods@uky.edu for registration details and guidelines.



4-H Camp Dates Announced

In the heart of every child lies a spark waiting to ignite—a passion for learning, exploring, and growing. The benefits of attending a 4-H summer camp extend far beyond the memories made and the skills learned during a single camp session. They plant seeds of curiosity, nurture the spark of potential, and empower youth to thrive in all aspects of life.

Oldham County 4-H will be at camp June 23 - 27th at Lake Cumberland 4-H Camp. Camp enrollment materials will be available in February. Adult, Teen, and CIT Leader applications will be available on January 21st. Adult, Teen, and CIT applications are due February 3rd. Call (502) 222-9453 or email to request registration material: amy.logsdon@uky.edu

Speak Up: Let Your Voice Be Heard

The 4-H Communications Event provides 4-H members the opportunity to practice public speaking skills and receive positive, constructive suggestions for improvement.

Categories for participating in the event are demonstrations, mock

interviews, and speeches. Details can be found at: <https://oldham.o2.boa.ca.uky.edu/program-areas/4-H-Youth-Development/4-H-Communications-Program>.

Registration for the Oldham County event on March 25th is due by March 15. County champions will have the opportunity to advance to area and state competitions. For more information contact the Extension office at (502) 222-9453 or email Kelly Woods: kwoods@uky.edu



Kentucky 4-H Empowers Young People to Become Leaders



Leaders of the Pack

This fun and exciting club meets monthly from September to April. Educational programs include a range of canine related topics, such as dog health and care, dog careers, and homemade dog treats, as well as a variety of guest speakers. From the late spring through the State Fair, weekly club meetings help prepare and train members and their dogs for showmanship, agility, and obedience competitions at the State 4-H Dog Show and other county events. Members also participate in community service projects throughout the year. Open to all youth ages 6-18.

Upcoming meetings:
December 5 & 12
January 2 & 23
February 6 & 20

True leaders have confidence. They know how to work well with others. They can endure challenges, and they will stick with a job until it gets done. As part of a 4-H club, young people can build and refine all these critical life skills and more.

Through clubs, Kentucky 4-H applies a comprehensive, hands-on approach to learning called Positive Youth Development. This equips young people with guidance, tools, and encouragement, putting them in the driver's seat to make great things happen. As a result, 4-H programs have been shown to make positive, measurable contributions not just to social and emotional growth but also to behavioral and

cognitive development of the young people who take part.

Research on 4-H programs has proven the unparalleled impact of the 4-H experience. According to a 2012 Tufts University study, 4-H members are "four times more likely to give back to their community, two times more likely to make healthier choices, and two times more likely to participate in science engineering and technology programs" than their counterparts who don't participate in 4-H. Check out the Oldham County 4-H Club website and get your young person involved today oldham.ca.uky.edu/Program-Areas/4H-Youth-Development/4H-Clubs.

Adventure Club



Adventure Club kicked off the new 4-H year with a hike and bonfire at the new Extension property. December 18th's club meeting will be a holiday meeting at the Extension office. January will be rock climbing and February's meeting is tentatively scheduled for Activate Games.



UPCOMING

December

- Yoga - Thursdays @ 12:30
- 12/2 4-H Delicious Delights
- 12/3 Cinnamon Rolls
- 12/4 Hay Sampling Education
- 12/5 4-H Cosmic Cooking
- 12/9 Winter & Livestock
- 12/9 Open Sew
- 12/10 4-H Clover Explorers
- 12/11 4-H Teen Club
- 12/12 4-H Cookie Exchange
- 12/16 4-H Sewing Workshop
- 12/17 4-H Teen Chef Club
- 12/18 Cinnamon Rolls
- 12/19 4-H OC Cloverbuds
- 12/20 Gingersnap Cookies

January

- Yoga - Thursdays @ 12:30
- 1/3 Open Sew
- 1/6 4-H Delicious Delights
- 1/7 4-H Teen Chef Club
- 1/9 4-H Cosmic Cooking
- 1/10 Friday Fun Day
- 1/14 4-H Clover Explorers
- 1/15 Caring for Houseplants
- 1/16 4-H OC Cloverbuds
- 1/16 Ag Emergency Preparedness

- 1/18 Winter Seed Sowing
- 1/21 & 1/28 4-H Art Expressions
- 1/23 4-H Council Meeting via Zoom
- 1/27 4-H Friends Cloverbuds
- 1/29 Canning 101
- 1/30 Regenerative Agriculture: Pasture Management & Grazing

February

- Yoga - Thursdays @ 12:30
- 2/3 4-H Delicious Delights
- 2/4 4-H Teen Chef Club
- 2/4 Puerto Rico Cooking
- 2/5 Starting Seeds Indoors
- 2/6 Regenerative Agriculture: Crop Practices
- 2/7 Maple Sugar Tapping & Pancakes
- 2/7 Private Pesticide Applicator Training
- 2/10 Open Sew
- 2/11 4-H Clover Explorers
- 2/13 4-H Cosmic Cooking
- 2/13 Disaster Preparedness
- 2/13 Regenerative Agriculture: Soils
- 2/14 Friday Fun Day
- 2/20 4-H OC Cloverbuds
- 2/22 State 4-H Gold Interviews
- 2/24 4-H Friends Cloverbuds
- 2/25 Pressure Canning Hands-On
- 2/27 Begonias



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