



NOVEMBER 2022



CLAY COUNTY EXTENSION NEWS

Happy Thanksgiving

November 24, 2022

COOPERATIVE EXTENSION



EXTENSION EVENTS

How can I stay up-to-date?

*Clay County
Cooperative
Extension Service*

**PO Box 421/69 Jameson Rd
Manchester, KY 40962
606-598-2789 or 2786
Fax: 606-598-2695
Email: clay.EXT@uky.edu
Open: Monday-Friday
8am - 4 pm**

Agriculture/Natural Resources - Family
& Consumer Sciences - 4-H/Youth Dev.

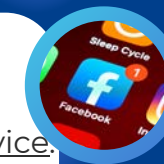
Monthly Newsletter

Call or email to be added to the monthly mailing or email list.



Facebook Page

"Like" our Facebook page - [Clay County Cooperative Extension Service](#).
Go to our page & check out events.



Webpage

Check out the county webpage at <https://clay.ca.uky.edu>



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



4-H Events



Alissa Ackerman

Alissa Ackerman

Co. Extension Agent for 4-H/Youth Development Ed.

Email: alissa.ackerman@uky.edu

COME & ENJOY THE FUN IN 4-H!




4-H Cooking Club

**November 7th
4:00PM**
Clay County Extension Office
Age: 8-18

Join us as we make no-bake pumpkin pies!

**You must call to register by November 6th at
596-2789**




Thanksgiving 4-H Community Service Project

If you enjoy giving back, we are asking for canned food/boxed food items to donate to local families in need!

Drop off items by November 16th to the Clay County Extension Office!





4-H Art Club

**Tuesday, November 15th
4:00PM**
Clay County Extension Office
Age: 5-18

**You must call to register by
November 10th at 598-2789!**





4-H COUNCIL MEETING REMINDER



Monday, November 21st
Clay County Extension Office
11:30AM

KENTUCKY SAVES
2023
**PIGGY BANK
DESIGN CONTEST**
MONEY SAVED IS A FUTURE EARNED

WHAT: The 2023 Piggy Bank Design Contest is a creative way for youth to learn the importance of saving money and reducing debt.

WHY: To creatively celebrate Kentucky Saves Week.

WHO: School students attending public, private, or home school located within the Commonwealth of Kentucky enrolled in kindergarten through twelfth grade.

WHEN: Piggy Bank Drop off at the Extension Office is on: November 28th - November 30th - 8am-4pm.

HOW: Participants submit an original piggy bank and entry form.

RECOGNITION: Winners will have their names, grades, counties, and winning piggy banks displayed in the Capitol Rotunda in Frankfort, Kentucky during February 2023. Winners also will receive a certificate.



KENTUCKY SAVES
2023
**PIGGY BANK
DESIGN CONTEST**
MONEY SAVED IS A FUTURE EARNED



Kentucky Saves Week:
February 27-March 3, 2023

Kentucky Saves:
www.kentuckysaves.org

MoneyWi\$e:
fcs-hes.ca.uky.edu/moneywise

RULES/ENTRY FORM

[click here for link.](#)

For a hard copy call us at 598-2789 and we will mail to you!

MONEYWISE
VALUING PEOPLE. VALUING MONEY.

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

The College of Agriculture, Food and Environment is an Equal Opportunity Organization.



Sunday,
November 6th set
your clocks back 1
hour

Daylight Savings Time Ends

UK Cooperative
Extension Service



SAVE THE DATE!
Cookies with Santa

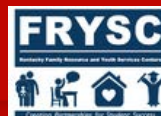


Tuesday, December 20th

1:00PM-3:00PM

Clay County EXCEL Building

There will be cookie decorating,
ornament crafts, story time, snacks &
more!



4-H Updates: *What's been happening this month?*



School Clubs Elections!

Several classrooms throughout the county have had the opportunity to elect 4-H club officers and learn basic parliamentary procedures. Students will hold these roles throughout the entire year and learn various responsibilities.



Red Bird Christian 4-H Club



Hacker Elementary 4-H Club

4-H Paint Night!

Once again, everyone created wonderful pieces of art! Stay tuned for our next Painting Class in December with Kenna Spears!



October 4-H Painting Class

4-H Pumpkin Contest!

Many youth participated in our Pumpkin Contest! Everyone did a fantastic job! We would like to congratulate the following participants:

Cloverbud Division:

Harvey Fabros—Red Ribbon

Junior Division:

Addison Cornett—Blue Ribbon

Hannah Goins—Red Ribbon

Maddie Sumrell—Red Ribbon

Mack Sumrell—Red Ribbon

Lakyn Barret—Red Ribbon

Kayla Hensley—White Ribbon

Braylin Fultz—White Ribbon

Brynn Blevins—Green Ribbon

Alexis Martin—Green Ribbon

Emma Edwards—Green Ribbon

Kai Sizemore-- Green

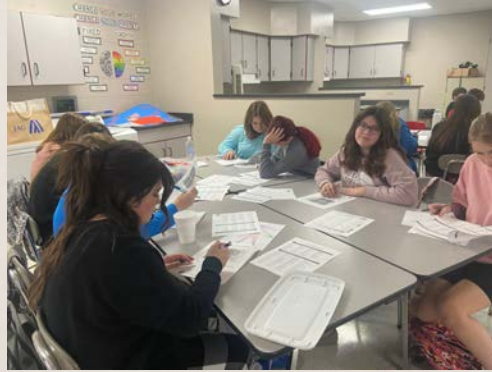


CCMS JAG Program



4-H Cooking Club!

Cooking Club members learned basic cooking skills and baked apple pie bites using the oven! Our next club is November 7th! Hope you can join!



Middle School Enrichment

The CCMS JAG Program explored their career interests, pathways, and brainstormed upcoming community service projects! We look forward to our next meeting!



4-H Environmental Field Day

Several schools across the county participated in the Environmental Field day in early October. Students learned about topics related to water, forestry, wildlife and much more. We look forward to next year!



4-H Natural Resources

Members of the NRESci Academy had a great day! The event was led by graduate students from the UK College of Agriculture, Food, and Environment. 4-Hers learned about different degree programs and career opportunities in natural resources, real-life research projects, and learned what it means to be a scientist and collect and record data! Our next event will be on March 30 at EKU's Maywoods Environmental and Education Laboratory in Crab Orchard, KY!



AGRICULTURE & NATURAL RESOURCES



Events:

- **Clay County Ag Development Council Meeting**; November 1st, at 5 PM at El Dorado Restaurant
- **2022 Kentucky Fencing School** - November 3rd from 8 AM – 4:30 PM at EXCEL
- **2022 Kentucky Maple School** - November 5th from 9 AM – noon - online. Register at <https://ky-maplesyrup.ca.uky.edu/ky-maple-school>
- **Beef Quality Care and Assurance Certification** - November 8th from 6 – 7 PM at EXCEL
- **Master Logger Certification** - November 15 – 17th from 8 AM – 4 PM at EXCEL
- **Kentucky Small, Limited-resource, and Minority Farmers Conference** - November 15 – 17th at KY State University (Frankfort). Register at https://bit.ly/2022_sfc
- **Clay County Beekeeper Association meeting**; November 17, 6 PM at EXCEL

For more information, call the Extension Office at 598-2789

BEEF QUALITY CARE & ASSURANCE (BQCA)



**November 8th
6-7PM
EXCEL, 86 Muddy Gap Rd
Manchester, KY 40962
Cost: \$5.00**

Will Bowling

Will Bowling
Co. Extension Agent for
Agriculture/Natural Resources Ed.
Email: will.bowling2@uky.edu



**CLAY COUNTY
Beekeepers
Association**
November 17, 2022
6:00 pm
EXCEL building
(beside McDonalds)

Kentucky Maple School

November 5, 2022 - 9AM-12 PM ET - Zoom



Featured Topics include:

-Research Update from the University of Vermont Proctor Maple Research Center
-Cooking with Maple BBQ and more
-Total Yields and Syrup Flavor from Red Maple Trees
-Financial and Technical Assistance for Aspiring and Current Kentucky Maple Syrup Producers

[KY-MAPLESYRUP.CA.UKY.EDU/KY-MAPLE-SCHOOL](https://www.ky-maplesyrup.ca.uky.edu/ky-maple-school)

This is a Zoom webinar. Registration is required.

On-Farm Irrigation or Water Management Projects

Are you considering a new irrigation system or another water related project or upgrade on your farm? The Kentucky Agricultural Development Fund (KADF) offers an On-Farm Water Program to help KY growers with water projects. The program has cost-share funds to incentivize better water management practices. Projects can include irrigation infrastructure, micro-irrigation systems, high tunnel gutters and catchment systems, and many more strategies to help you manage water for your produce crops. Program guidelines for Producer Implemented Projects (Section IV beginning on pg. 6) can be found online: https://www.kyagr.com/agpolicy/documents/2022-Program-Guidelines-Applications/ADF_APP_project-guidelines_water.pdf. The final deadline for funding this year is December 16, 2022.

Fruit, Orchard, and Vineyard Sanitation: Cleaning Up Today May Keep Disease Away

Autumn has arrived in Kentucky, and it is time to focus on fruit, orchard, and vineyard sanitation. Good sanitation practices can help reduce disease-causing pathogens. Good sanitation practices can help reduce disease-causing pathogens. These organisms can survive for months or years on dead plant material or in soil, causing infections in subsequent years. Elimination of disease-causing organisms reduces the need for fungicides and can improve the effectiveness of disease management practices. Following these sanitation practices both in autumn and throughout the growing season can reduce disease pressure in home and commercial fruit plantings.

Sanitation Practices

- Remove diseased plant tissues from infected plants
- Prune cankers (Figure 1) by making cuts well below visible symptoms. Clean tools between each cut with a sanitizer, such as rubbing alcohol or household bleach.



Figure 1. Cankers can provide an overwintering site for plant pathogens (Photo: Nicole Gauthier, UK)

- Rake and remove fallen buds, flowers, fruit, twigs, and leaves (Figure 2).



Figure 2. Debris is a major source of infective propagules. Gather and discard fallen buds, flowers, fruit, twigs, and leaves. (Photo: Kim Leanonberger, UK)

- Collect all fruit from trees, bushes, and vines. Discard diseased fruit since it can serve as a source of inoculum in subsequent growing seasons (Figure 3).



Figure 3. Diseased fruit, whether on the ground or attached to the tree, can serve as a source of inoculum during the current and future growing seasons. (Photo: Nicole Gauthier, UK)

- Above and below ground portions of severely infected trees, bushes, and vines should be completely removed and destroyed.
- All discarded plant material should be burned, buried, or removed with yard waste. Do not compost diseased plant material.
- Remove weeds, including roots, which may serve as alternate hosts for pathogens.
- When treating infected plants with fungicides, remove infected tissues prior to application.

NOVEMBER 2022 HEALTH BULLETINS

Adult Health Bulletin
Topic: Stay Healthy as Winter Approaches

Youth Health Bulletin
Topic: Be Winter Ready

Parent Health Bulletin
Topic: Be Ready for Winter

Family Caregiver Health Bulletin
Topic: Mild Cognitive Impairment

To check out these topics, please visit our website at: <https://clay.ca.uky.edu/healthbulletins>.

Combating the Spread of Fire Ants

We know that fire ants have been in the state since 2000. They have typically been an invasive species only in Western Kentucky; however, earlier this year, Kentuckians discovered them in the eastern part of the state. These ants can pose a risk to human, animal and crop health. While the U.S. Department of Agriculture doesn't currently list Kentucky as an "invaded" state, you should still know how to prevent, spot, report and treat fire ants in case you do encounter them.



**Figure 1. Fire ant mound;
(Photo: University of
Georgia)**

So far fire ants have been confirmed in southeastern counties like McCreary and Whitley counties along the Tennessee border, but the survey is ongoing to determine the boundaries of the infested area. If you are in or around an area where fire ants have been reported, it is important to report suspected fire ant mounds. Fire ants can spread to new areas of the state through the movement of certain agricultural products. For example, fire ants can infest round bales stored in the field or on the ground, so be wary in purchasing these types of bales.

Fire ants are known for their mound-like nests. These nests vary in size but can be as large as 18 to 24 inches tall, and the mound has a fluffy soil appearance (Figure 1). You'll typically find these mounds in open sunny areas on level ground or on a southern facing slope, and you won't usually find them in wooded areas.

If you suspect fire ants on your property, do not approach the mound as fire ants are very aggressive and may sting if you disturb the mound. To report a mound, contact your local extension agent or submit a report to ReportAPest@uky.edu including a photo or video and address or GPS coordinates of the mound.

If fire ants are identified on your property, you may use fire ant baits such as Advion, Amdro and Extinguish to eliminate the ants. Read and follow the directions on the product label. Do not use gasoline, diesel or other flammable products as a control tactic.

For more information about fire ants, contact the Clay County Extension Office at 598-2789



LinkedIn Networking Tips: Making Meaningful Professional Connections to Grow Your Network

Presented by Ramla Osman, External Partnerships Associate, Lewis Honors College, UK

**November 8th at 9:00 am
Clay County Extension Office**

Maintaining a strong network is critical during the job search. Learn how to connect authentically and design a professional profile using LinkedIn. Tips on how to connect with those you don't know, but want to meet, and keyword searching will be included.

Call 598-2789 to register or for more information.

November 11th

Thank You Veterans

FARMERS MARKET HOLIDAY FESTIVAL

Saturday, December 3rd

From 10AM - 4PM

EXCEL building (beside McDonalds)

Don't miss this event! Come out and purchase a gift for someone special or try a scrumptious holiday treat. We will have lots of goodies, such as baked goods, candy, breads, iron works, wood items, Christmas ornaments, wind chimes, cheeses, pottery, soaps... and a few surprises!

A few spots are available if you would like to have a booth at the Holiday Festival. Booth items need to be handmade.

**Call the Clay County Extension Office
at 598-2789 for more information.**



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



Family & Consumer Science

Emily F. Boggs

Emily F. Boggs

Co. Extension Agent for Family & Consumer Sciences Ed.

Email: emilyf.boggs@uky.edu

Creative Connections Club
1st Saturday - 10am - EXCEL

Homemaker Card Club
2nd Tuesday - 1:00 pm
Extension Office

Happy Homemakers
3rd Monday - 4:00 pm

Homemaker Pins & Needles
3rd Saturday - 10:00 at EXCEL

SHEET PAN DINNER



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

November's Calendar recipe is "Sheet Pan Dinner." Come join us at the Clay County Extension Office on November 22nd at 1:00 PM and get one of our 2022 NEP calendars at the end of the class!

Ratatouille Soup



Ingredients:

- 1 small eggplant, peeled and cubed
- 2 teaspoons salt
- 1 pound lean ground chuck
- 1 tablespoon canola oil
- 1 medium zucchini, chopped
- 1 medium bell pepper, chopped
- 1 medium onion, chopped
- 1 tablespoon finely minced garlic (about 3 cloves)
- 1 14.5 ounce can low sodium beef broth
- 1 24 ounce jar chunky garden style pasta sauce
- 2 cups water
- 1 teaspoon dried basil
- 1 cup uncooked whole grain pasta

Directions:

1. Place the cubed eggplant in a colander. Toss with the salt and let set for 20-25 minutes. Thoroughly rinse in cold water and press as much water out of the eggplant as possible. Set aside.
2. In a large heavy pot, brown the ground beef over medium heat until crumbly and no longer pink. Drain. Raise the heat to medium high.
3. Add the canola oil to the same pot. Return the beef to the pot. Add the zucchini, bell pepper, onion and garlic. Cook together for 5-7 minutes, until onion is translucent. Add the eggplant to the mixture and continue to cook for 5 minutes. Add the beef broth, pasta sauce, water and basil. Bring to a boil, then reduce heat to medium-low, cover and simmer for 10 minutes. Add the pasta. Raise heat to medium. Bring to a slow boil and cook, stirring occasionally for 10-12 minutes, or until the pasta is tender.

Wilderness Trail Area Holiday Cooking School

Homemade for the Holidays

Featured Cookbook: *Homemade with Love*
(Bell County Extension Homemakers)

Date: November 10, 2022

Where: Optimist Club London, KY

Time: 5:00 pm

Tickets: \$25 includes admission and a copy
of the featured cookbook.

Contact your local Cooperative Office to
purchase tickets and get your cookbook!
Tickets will not be sold at the door and
are extremely limited.

Local Cooperative Extension Office Directory:

Bell County: 337-2376
Knox County: 546-3447
Clay County: 598-2789
Laurel County: 864-4167
Harlan County: 573-4464
Rockcastle County: 256-2403
Jackson County: 287-7693
Whitley County: 549-1430

COOPERATIVE EXTENSION



Creative Connections

1st Saturday of every month

10:00 AM

EXCEL

Crafters of all kinds, come join others who need a place to spread out, encouragement, or just some time to finish an ongoing project! Participants will bring their own personal projects, necessary tools, and supplies. Clay County Homemaker dues are \$12 per year.





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2022

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: HOSTING HOLIDAY MEALS ON A BUDGET

If you've ever hosted a holiday gathering, you know there is a lot to consider: Who will be invited? When will they arrive? What will be cooked? and How much will it cost? With inflation driving up the costs of goods and services, the rising prices of groceries might be on the minds of many Kentuckians who plan to host an event this holiday season. Holiday meals can get pricey, especially when serving a large crowd. As you prepare for this year's festivities, there are several strategies you can use to lower costs while maintaining holiday cheer.



Plan ahead. First, gather your recipes and make a list of the ingredients you will need. Then shop your pantry and freezer, noting what you already have. Identify only the items you need to buy. When you shop, buy store-brand items when possible. These usually come with a lower price tag. Planning early also allows you to take advantage of sales and comparison shop.

Shop intentionally. Store mailers, websites, mobile apps, and social media pages can help you shop wisely. Use these tools to compare deals and prices between brands and stores. If the stores you choose provide online ordering, consider buying groceries through pickup. Ordering online can help you avoid impulse buys. It also helps you easily compare prices

and nutritional information and keep an eye on your overall total. Whether you shop online or in-store, use coupons and customer loyalty programs to maximize deals. If you're shopping in the store, keep a running tally of your total as you add items to the cart. Prioritizing purchases helps us stick to a budget.

Delegate dishes. If you're hosting a holiday gathering, suggest an organized "potluck" instead of trying to do everything yourself. Ask everyone to sign up to bring something. Assigning side dishes, desserts, and drinks, for example, is one way to split the costs and stress of hosting a holiday meal. It gives others a chance to purchase or share special recipes while distributing the responsibility.



THINK ABOUT CREATIVE ALTERNATIVES THAT COULD BECOME NEW TRADITIONS



Simplify sides. Vegetable-based dishes, such as sweet potato or green bean casseroles, are common around the holidays. While these dishes are tasty, they require several ingredients that can increase meal prices. Consider simplifying side dishes by serving vegetables “on their own” rather than in a fancy recipe. This cuts both costs and calories.

Traditional twists. There is no rule that you must serve turkey on Thanksgiving, for example. Instead, think about creative alternatives that could become new traditions. Choose meals that best fit your budget and the needs of your guests. For instance, pasta dishes can feed a crowd. You can prepare them ahead of time, they require few side dishes (just a big healthy salad), and you can change them to fit dietary needs. Ask your guests for creative suggestions (such as baked potato bars, themed dinners, etc.) and recruit their help when it's time to cook.

Gather early. Suggest hosting your holiday meal earlier in the day. Breakfast, brunch, and lunch options often come with fewer expectations for side dishes, drinks, and desserts. In addition to lowering costs, an earlier meal may free up time later in the day to attend multiple gatherings or add in a fun, low-cost activity like a friendly game of football, a board game, movie, or craft.

As you consider budgeting for your holiday festivities, remember that changes don't have to be permanent. Budgets, needs, and wants change from year to year — your holiday plans can too. To explore healthy, budget-friendly recipe ideas, visit the University of Kentucky Family and Consumer Sciences Extension **Plate it up! Kentucky Proud** series at <https://fcs-hes.ca.uky.edu/piukp-recipes>

Nichole Huff and Miranda Bejda | 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



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



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

*Clay County
P.O. Box 421, 69 Jameson Road
Manchester, KY 40962-0421*

NONPROFIT ORG
US POSTAGE PAID
MANCHESTER KY
PERMIT 96

RETURN SERVICE REQUESTED