



Cooperative Extension Service
Lee County
P.O. Box 546
Beattyville, KY 41311
(606) 464-2759
Fax: (606) 464-9908
extension.ca.uky.edu

A monthly newsletter on Extension Service programs and events.

Extension News —

Agriculture - Family & Consumer Sciences - 4-H Youth Development



In this Issue —

- *4-H Camp “Save the Date” May 28-31, 2024.*
- *4-H Students dissect cow eyeball with Eric Collins, CEA for 4-H Youth Development.*
- *FCS Program Highlights & Announcements; Home Happenings; Painting for two; Bingocize*
- *Fruit & Vegetable Plant Orders; “What Mineral Should You Feed”; Silvopasture Webinar Series; Clover Frost Seeding.*

Happy Valentines Day!!

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



Save the Date!!

May 28-31, 2024

“4-H Camp 2024”



Meet New Friends | Try New Things | Find Your Spark at 4-H Camp . . .

4-H Camp provides a place for youth to explore their interests and passions (sparks), surrounded by Kentucky’s beautiful natural resources. Campers will meet caring adults and teen volunteers who are committed to their success, who will ensure each youth feels safe, and that they belong. At 4-H Camp, our class leaders emphasize effort in learning rather than ability, and our campers can expect progressive, exciting lessons that are different every day. The county 4-H agents, adult and teen volunteer leaders, and camp staff are committed to helping your camper engage in new adventures while making new friends.

Kentucky 4-H operates four camping locations serving 25,000 guests annually in various programs: summer camp, environmental education camp, extension-sponsored events, camp-sponsored events, and non-extension user rentals.

Summer Camp is organized by local county Extension offices. The cost of the camp, registration materials, and application deadlines are set by each county extension office.

**Contact Eric Collins, CEA for 4-H Youth Development Education to register your child for 4-H Camp!!
Call the Lee County Extension Service at (606) 464-2759!!**



Hope Kelley's Anatomy Class dissects a cow's eyeball!!

Jessica Morris, Wolfe County CEA for Ag/4-H assisted by Eric Collins, Lee CEA for 4-H Youth Development and Debbie Dunaway, Program Assistant presented a demonstration on “How to dissect a cow’s eyeball!!”



Family and Consumer Science Program Highlights & Announcements

Laugh & Learn: Next session Feb 8th @ 3:30



**Laugh & Learn
Playdate**

Save the Date

**February
8th @ 3:30**

CARBON MONOXIDE: *Exposure and Prevention*

Exposure to carbon monoxide gas causes hundreds of accidental deaths and makes thousands more ill each year. By being aware of carbon monoxide exposure and knowing the steps to prevent it, you can save lives.

DATE: FEB. 5
TIME: 12 AM
LEE COUNTY
EXTENSION OFFICE



Laken Campbell, CEA for Family & Consumer Sciences Education

MoneyWise Newsletter view link - https://fcs-hes.ca.uky.edu/files/moneywise_feb_2024.pdf



Homemaker HAPPENINGS

Reminder

Log those volunteer hours!

Passport Challenge

Interested in participating in our challenge? Log all locations, events, and more in your travel booklet. **Lets explore KY!!** You can pick up booklets at the Lee County Extension Office.

Healthy EATING

Around the World

DATE: FEBURARY 15TH

TIME: 10 A.M.

We're going to take a trip around the globe to learn about dietary guidelines from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. Nanette Banks, Letcher County FCS agent will be presenting this lesson.

PAINTING FOR Two

When: Tuesday, Feb. 13, 2024

Where: Lee Extension Office

Time: 5:30 P.M.

Call 606-464-2759 to register

Bring a significant other, family member,
friend, etc and join
us for a painting class for two.



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Lexington, KY 40506



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BINGOCIZE®

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TRY BINGOCIZE®!
BINGO + EXERCISE = BINGOCIZE®



COST: FREE
TIME: 1 P.M.
**WHERE: LEE COUNTY
EXTENSION OFFICE**
**WHEN: WEDNESDAYS &
FRIDAYS STARTING
FEBURARY 28TH.**

**BINGOCIZE® IS A HEALTH PROMOTION
PROGRAM THAT COMBINES THE GAME OF
BINGO WITH FALL PREVENTION EXERCISE.
COME PLAY BINGO AND MEET NEW PEOPLE
WHILE LEARNING ABOUT TECHNIQUES TO
REDUCE FALLS.**

**PLEASE REGISTER BY CALLING
606-464-2759**

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FRUIT AND VEGETABLE PLANT ORDERS

Pre-Payment is required by **Friday March 13th**, for all plant orders.

Make checks payable to: **Lee County Extension**

All sales are **final!**



\$6.50

Allstar

STRAWBERRIES
(Bundle of 25)
(June Bearing, larger berry)



\$6.50

Earliglow

STRAWBERRIES
(Bundle of 25)
(June bearing, smaller, sweeter berry)



\$4.00

NATCHEZ

BLACKBERRIES



\$8.00

Duke

BLUEBERRIES
(Two varieties needed for pollination)



\$8.00

Chandler

BLUEBERRIES
(Two varieties needed for pollination)



\$4.00

Prelude

RASPBERRIES

(bare root)



\$4.00

**JEWEL BLACK
RASPBERRIES**



\$1.00

MILLENNIUM

ASPARAGUS



\$5.00

CANDY

ONION
(Bundle of 60)

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LET'S CHAT *About Mineral*

WHAT MINERAL SHOULD YOU FEED

Dr. Jeff Lehmkuhler

Join us as Dr. Jeff Lehmkuhler shares what kind of mineral requirements your cattle have and what will give you the best bang for your buck!

Group Mineral Order

Come learn about the opportunities of joining the group bull mineral order. From 1 bag to as many as you need, learn about the quality and savings available!

Meal

Enjoy a meal with other cattle producers while the meeting is occurring. Please call so we have a headcount for the food!

**THURSDAY FEB 15
5:30 PM**

📍 Wolfe County Extension Office

☎ 606-668-3712

CALL YOUR COUNTY OFFICE TO REGISTER



SILVOPASTURE WEBINAR SERIES

Manage Your Woodlands and Livestock in a New-Old Way



Register at:
bit.ly/3RSU9fN
Or Scan Qr Code

February 6th - 1pm

ESTABLISHING PINE SILVOPASTURE: FROM PASTURES TO PLANTATIONS



WOODLAND STEWARDS
A Regional Extension Program for Landowners

Cooperative
Extension Service
**FORESTRY AND NATURAL
RESOURCES - EXTENSION**

SILVOPASTURE WEBINAR SERIES

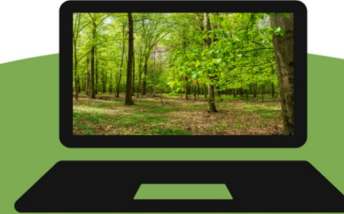
Manage Your Woodlands and Livestock in a New-Old Way



Register at:
bit.ly/3RSU9fN
Or Scan Qr Code

February 13th - 1pm

ESTABLISHING HARDWOOD SILVOPASTURE: FROM PASTURES TO PLANTATIONS



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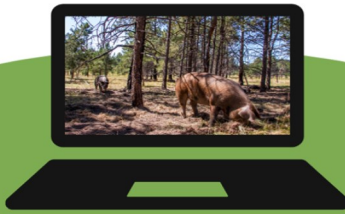
Manage Your Woodlands and Livestock in a New-Old Way



Register at:
bit.ly/3RSU9fN
Or Scan Qr Code

February 20th - 1pm

FROM FORAGE TO LIVESTOCK:MANAGING ANIMALS IN A SILVOPASTURE SYSTEMLY



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February 27th - 1pm

MOVING TOWARDS A SILVOPASTURE SYSTEM: GETTING STARTED & FINDING HELP



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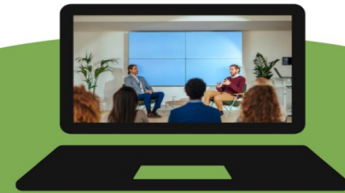
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Register at:
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Or Scan Qr Code

March 5th - 1pm

SILVOPASTURE PRODUCERS SHARE THEIR STORIES AND ANSWER QUESTIONS: A PANEL DISCUSSION



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*For additional information on
the Silvopasture Webinar
Series contact —*

**Ted Johnson, CEA for
Agriculture & Natural
Resources Education at
the Lee County Extension
Service.**

(606) 464-2759

Six easy steps for Clover Frost Seeding

Conduct soil analysis
and apply necessary
nutrients.

Manage competition the
following spring to improve
establishment.

Choose a high-quality
variety.

Utilizing a corrugated
roller post-seeding can
help achieve optimal
seed-soil contact.

Apply an adequate
quantity of seed.

Ensure seed contact
with bare soil.

Source: Jimmy Henning, plant and soil science professor

An Equal Opportunity Organization.

View this link for the Kentucky Beef Book—
<http://www2.ca.uky.edu/agcomm/pubs/ID/ID108/ID108.pdf>

STRATEGIES TO REDUCE FERTILIZER USE ON EASTERN KY CATTLE FARMS



Contact your local
Extension Office For
Registration

All Programs
Start at 5:30

- Using Legumes to get the Nitrogen Cycle Working
 - Feeding Hay to Recycle Nutrients
 - Clipping Weeds to Enhance Fertility
 - Having an Appropriate Stocking Rate
- Implementing Basic Rotational Grazing Without Perfect Infrastructure

Locations and Dates:

- **Feb. 19, 2024** Clay County Extension Excel Center 86 Muddy Gap Rd., Manchester, Ky 40962
- **Feb. 20, 2024** Knott County Extension 149 Parks. Rd. Hindman, Ky 41822
- **Feb 21, 2024** Lee County Extension 259 Industrial Park Rd. Beattyville, Ky 41311
- **Feb. 22, 2024** Morehead State University Farm 25 MSU Farm Rd. Morehead, Ky 40351

Guest Speaker: Dr. Greg Halich,
Associate Extension Professor with the Department of Agriculture Economics
University of Kentucky

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