

# Extension News

**Agriculture\*Family & Consumer Science\*4-H Youth Development**

## Start the new year with these four easy steps for a clean fridge

Source: Annhall Norris, extension specialist, food preservation and food safety

When it comes to food safety, one of the most important items in your kitchen is the refrigerator. Unfortunately, it is the least likely for you to clean. Refrigerators keep food cold to prevent harmful bacteria from growing. It only makes sense that you should clean it regularly to keep food safe.

Follow these simple steps:

- Removing all food items and placing them in a cooler with ice or gel packs to keep them cold while you're cleaning. During the removal phase, throw out anything that is visibly spoiled, leaking, or has an unpleasant odor. This is also a suitable time to check dates on dairy products and condiments and replace them if necessary.
- Wash with hot, soapy water after removing any drawers or shelves. Allow anything glass or ceramic to come up to room temperature before washing to avoid breakage. Clean all inside surfaces, including the doors and rubber gaskets, with hot, soapy water. Wipe with clean water to rinse off soap and dry with a clean towel. If you need to sanitize your refrigerator, wipe it down with a diluted bleach solution made from one tablespoon unscented bleach in 1 gallon of water.
- Place clean shelves and drawers back in the refrigerator along with any food items you removed. Wipe all containers and bottles with a warm cloth to remove any stickiness or residue before returning to the clean fridge. Put a thermometer inside the refrigerator to make sure the temperature is at or below 40 degrees F to prevent bacteria from growing.
- Cleaning up spills as soon as they occur and keeping track of leftovers. The United States Department of Agriculture recommends storing leftovers for no more than three to four days. It is also good practice to wipe down door handles and control dispensers with a disinfecting wipe daily to remove bacteria left by hands.

## This issue:

Fruit & Vegetable  
Conference

Ag update

FCS Program Highlights

Homemaker Happenings

Winter Car Survival Kit

4-H Camp

Youth Health Bulletin

Recipe

January Calendar



Back in  
Lexington for  
2025!

# 2025 Kentucky Fruit & Vegetable Conference

The 2025 Kentucky Fruit and Vegetable Conference will be:

Monday and Tuesday **January 6-7, 2025** with pre-conference events on Sunday, Jan. 5

Online Registration

Location: Marriott Lexington Griffin Gate Golf Resort & Spa in  
Lexington, KY.

<https://kentuckyhorticulturecouncil.ticketspice.com/2025-kentucky-fruit-vegetable-conference-attendee-tickets>





## MAIL-IN REGISTRATION - 2025 Kentucky Fruit and Vegetable Conference

Marriott Griffin Gate, Lexington, KY

January 6-7, 2025

Online preregistration: <https://kentuckyhorticulturecouncil.ticketspice.com/2025-kentucky-fruit-vegetable-conference-attendee-tickets>

Mark one:       REGISTRATION  
                    I am not able to attend--please continue my membership(s) as listed below.

NAME (Please print) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: (     ) \_\_\_\_\_ OCCUPATION/FIRM \_\_\_\_\_

E-Mail \_\_\_\_\_

**Please List Name(s) of Additional Registrants:** \_\_\_\_\_

I am interested in being considered as a board member in:  
 KSHS (fruit growers)     KVGA (vegetable growers)

Please let us know if you are a:

- Grower
- Extension Agent
- Commercial Pesticide Applicator
- Other
  
- Please check if you are a US Veteran

What are your top 3 research needs?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*Registration is complimentary for students and children under 15 years of age. A SEPARATE FORM IS REQUIRED FOR EACH REGISTRANT EXCEPT FOR SPOUSE AND CHILDREN. Please copy form if needed. You can also print forms from the Conference website (<https://kyhortcouncil.org/kentucky-fruit-and-vegetable-conference/>) . Registration questions, call: 615-399-3632 or email: [dakota@kyhortcouncil.org](mailto:dakota@kyhortcouncil.org).*

### 2025 MEETING REGISTRATION

*Indicate the number of registrations and total amount.*

	Number	Total
<input type="checkbox"/> <b>Kentucky State Horticultural Society</b> <i>annual membership in KSHS (fruit growers) &amp; meeting registration</i>		
Number attending x \$80 each	_____ X \$80	_____
<input type="checkbox"/> <b>Kentucky Vegetable Growers Association</b> <i>annual membership in KVGA (veg growers) &amp; meeting registration</i>		
Number attending x \$80 each	_____ X \$80	_____
<input type="checkbox"/> <b>Organic Association of Kentucky</b> <i>annual membership in OAK (organic growers) &amp; meeting registration</i>		
Number attending x \$80 each	_____ X \$80	_____
<input type="checkbox"/> <b>Conference Farm Sponsorship</b>		
<i>Voluntary contribution toward Conference expenses (room rental, lunches, etc)</i>	_____ X \$125	_____
<input type="checkbox"/> <b>Kentucky Horticulture Research Initiative</b>		
<i>Voluntary, tax-exempt contribution to KHRI for industry research</i>	_____	_____
Write in donation	_____	_____

### TOTAL AMOUNT DUE

*Please make checks payable to: KY Vegetable Growers Association (KVGA). Mail form and check to: Kentucky Horticulture Council, PO Box 21736, Lexington, KY 40522-1736.*

Check # \_\_\_\_\_

**To reserve a spot in one of the pre-conference workshops, please email [dakota@kyhortcouncil.org](mailto:dakota@kyhortcouncil.org)**

**Please note that the event is in Lexington, KY in 2025 and lunches are included in the registration fee**

# Ag & Natural Resources/FCS

## Program Highlights

# TASTING THROUGH THE GARDEN

This year, our focus was on cultivating diversity within our raised beds, with a special spotlight on four stunning varieties of cauliflower. Additionally, we nurtured Gran Vantage cabbage, known for its crisp texture and flavor, along with two varieties of sweet potatoes, celebrated for their versatility and rich nutritional profile.



Kale & Cauliflower Salad

## RECIPES

- Kale and Cauliflower Salad
- Cabbage Noodle Casserole: Featuring Gran Vantage cabbage
- Sweet Potato Crisp

All recipes can be found on [PlanEatMove.com](http://PlanEatMove.com)



Depurple

## PROGRAM RECAP

The program was put on by the Lee County Extension Office Ag & Natural Resources Agent and the FCS Agent. The Ag Agent provided a brief overview of the growing process, explaining the best practices for cultivating healthy, vibrant vegetables in a raised bed environment. Meanwhile, the FCS Agent discussed the recipes and their nutritional benefits, offering participants practical ways to enjoy the fresh produce.

## CAULIFLOWER VARIETIES

Depurple (purple), Flame Star (yellow), Apex (white), and the uniquely beautiful Veronica (green Romanesco).





# Family and Consumer Science Program Highlights



## Survive and Thrive: Winter

The "Survive and Thrive: Winter Edition" program offered by Quicksand Area Agents provided essential tips for preparing for the winter season. Topics included how to handle extreme cold, how to prep your car for winter conditions, and steps for winterizing your home to stay warm and safe. Agricultural agents also contributed valuable insights on winterizing farms, ensuring both personal and agricultural readiness for the colder months. This program helped participants understand the importance of preparedness, focusing on practical solutions for the challenges posed by winter weather.



**COST: FREE**  
**TIME: 1 P.M.**  
**WHERE: LEE COUNTY  
EXTENSION OFFICE**  
**WHEN: JANUARY 15TH.**

**Upcoming dates:**

**Jan 15th, Jan 17th,  
Jan 22nd, Jan 24th, Jan 29th,  
Jan 31st, Feb 4th, Feb 7th, Feb  
12th, & Feb 14th**



## Laugh & Learn Playdate

Join our 12-month Laugh and Learn program that targets school readiness. Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities and free play. \*All children must be accompanied by an adult.

**DATE: JANUARY 23RD**      **TIME: 3:30 P.M.**

**FOR:  
AGES 5 & UNDER**





# Homemaker HAPPENINGS

## Time Well Spent:

Organizing Tips for Increased Productivity.

### January 16th @ 10 AM

Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace.

## Reminder!!!!

### Log those volunteer hours!



## WOOD WORKING



CUTTING BOARD

TIME: 9:30 A.M.  
DATE: JAN 28TH, 2025  
LOCATION: RCARS WOOD UTILIZATION CENTER  
CALL THE OFFICE IF YOU ARE INTERESTED IN ATTENDING THE WOOD WORKING CLASS WHERE YOU WILL BE MAKING A SMALL CUTTING BOARD. \*LET US KNOW BY THE 12TH IF POSSIBLE!  
ADDRESS: WOODCENTER DRIVE Y JACKSON, KY 41339

TRAVEL WILL BE ON YOUR OWN  
PRICE \$16



## Homemaker Luncheon

Homemakers had their annual meeting where they discussed programs, state meeting, and reviewed the past year. They also made ornament's.





# UPDATE YOUR WINTER CAR SURVIVAL KIT:

**Make sure your car survival kit has the following:**

Jumper cables: flares or reflective triangle are great extras

Flashlights: Replace the batteries before the winter season starts and pack some extras

First Aid Kit: Also check your purse or bag for essential medications

Baby, special needs gear: If you have a baby or family member with special needs, pack diapers and any special formula or food

Food: Stock non-perishable food such as canned food and a can opener, dry cereal and protein rich foods like nuts and energy bars

Water: Have at least 1 gallon of water per person a day for at least 3 days

Basic toolkit: Pliers, wrench, screwdriver

Pet supplies: Food and water

Radio: Battery or hand cranked

Cat litter or sand: For better tire traction

Shovel: To dig out snow

Ice scraper: Even if you usually park in a garage, have one in the car.

Clothes: Make sure you dress for the weather in warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold

Warmers: Pack extra for body, hands, feet

Blankets or sleeping bags: If you get stranded in traffic on a lonely road, you'll be glad to have it.

Charged Cell Phone: Keep a spare charger in your car as well

**BUILDING AN EMERGENCY SUPPLY KIT FOR YOUR CAR**

**WHY?**  
Because you never know when you will encounter winter weather or an emergency road closure

AMERICA'S PrepareAthon!  
BE SMART. TAKE PREP. PROTECT.

- Cell Phone Charger
- First Aid Kit
- Jumper Cables
- Spare Tire
- Flares
- Water, Snacks
- Full Tank of Gas
- Sand or Kitty Litter
- Mittens, Hat, Boots Warm Clothes
- Flashlight
- Snow Shovel and Brush
- Blankets
- Tow Rope



# 4-H CAMP

Hold the date: May 27 – 30, 2025

For More Information Call Lee County Extension Office: 606-464-2759

Cooperative Extension Services operates four 4-H Camps in Kentucky, serving all 120 counties. Registration materials, fees, and application deadlines for each county are set by local Extension offices. **For summer camp info, scan the QR CODE to connect to your county 4-H Agent.**

## J.M. Feltner 4-H Camp:

- Meet New Friends
- Try New Activities
- Gain New Skills
- Learn About the Outdoors
- Swim Every Day
- Fun & Games
- Cabin Life

### 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

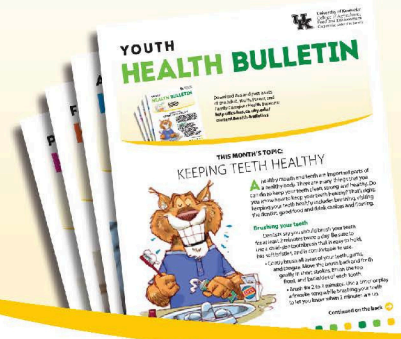


Disabilities accommodated with prior notification.



# YOUTH

# HEALTH BULLETIN



**JANUARY 2025**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Lee County Extension Office  
259 Industrial Park Rd  
Beattyville, KY 41311  
(606) 464-2759

## THIS MONTH'S TOPIC

# DON'T LET THE COLD KEEP YOU IN

**T**here is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

### Dress for the weather

#### If it is wet, wear:

- rain boots,
- rain jacket and pants, or rain suit.

#### If it is cold, wear:

- layers of tops and bottoms to stay warm,
- a coat,



Continued on the next page →



→ **Continued from the previous page**

- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

**Looking for some fun ways to play outside this winter? Try these!**

**Igloo building: Frozen fun in low temperature.**

- **You'll need:** Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- **What to do:** When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

**Snow olympics: Gather your siblings and friends for some cold competitions.**

- **Long Jump:** Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



- **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.
- **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

**Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.**

- **You'll need:** Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- **What to do:** Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

**REFERENCE:**

<https://extension.psu.edu/programs/betterkidcare/content-areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>



**YOUTH HEALTH BULLETIN**

**Written by:** Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Cartoon illustrations by:** Chris Ware (© University of Kentucky School of Human Environmental Sciences)







Ted John



Laker Campbell



Eric Collins

## Sweet Potato Nutrition

**SEASON:** All year—peak season is October through March.

**NUTRITION FACTS:** Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

**SELECTION:** Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light yellow skin and pale yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist.

Choose small to medium-sized ones with smooth, unbruised skin.

**STORAGE:** Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

**PREPARATION:** Scrub well. Leave whole or peel, then slice, dice or shred. **Baking:** Pierce skin in several places and rub with margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.) **Boiling:** In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain. **Microwaving:** Pierce skin, place on a paper towel in microwave. If cooking more that 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



## Sweet Potato Crisp

**3 large** fresh sweet potatoes, cooked until tender.  
**8 ounces** reduced fat cream cheese, softened  
**1 cup** brown sugar, divided

**1 teaspoon** vanilla  
**1 tablespoon** ground cinnamon  
**2 medium** apples, chopped

**½ cup** all-purpose flour  
**¾ cup** quick cooking oats  
**3 tablespoons** butter  
**¼ cup** chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ¾ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, combine flour, oats, and ½ cup brown sugar. Cut in butter until mixture resembles coarse crumbles. Stir in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.  
**Yield:** 16, ¾ cup serving  
**Nutritional Analysis:** 240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



BE SURE TO CHECK OUT OUR FACEBOOK PAGE AND GIVE US A "LIKE" SO YOU CAN BE UPDATED ON CURRENT PROGRAMS.



# JANUARY

01

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Happy New Year</i> Office Closed	2	3	4
5	6	7 Council Mting: 4:30 Board Mting: 5:30 <b>Fruit &amp; Vegetable Conference</b> Marriott Lexington Griffin Gate	8	9	10	11
12	13	14	15 Bingocize @1	16 Increasing Productivity @10	17 Bingocize @1	18
19	20  Office Closed	21 Country Hams	22 Bingocize @1	23 Laugh & Learn @3:30PM ages 5 and under 	24 Bingocize @1	25
26	27	28 Cutting Boards @RCARs @9:30 \$16 Diabetes Support Group @6 PM 	29 Bingocize @1	30	31 Bingocize @1	

## Services

- Farm Planning
- Gardening
- Forge Evaluations
- Crop Evaluations
- Timber Stand Improvement
- Pest & Disease Diagnostics
- Lawn Care
- Landscape Evaluations
- Pond Management
- Hay & Soil testing
- Beef Quality & Care Assurance
- free on the KY Beef Network
- Pressure Gauge Testing