

Oldham County Extension Newsletter

Family & Consumer Science

2014 Homemaker Showcase was a great success!



The members of Yarnovers and Suburbanites Homemaker clubs did an outstanding job of presenting creative and economical ideas for decorating, wrapping gifts, festive food, and entertaining for the holidays. If you missed the program, we can e-mail a copy of the program with recipes, patterns, and great websites.

Jolene Griffin, Yarnover member (above, left), demonstrated making a Ribbon Christmas tree. If you would like to make one, Homemakers can supply the ribbon, free of charge; just stop by the office and you can cut your own length of ribbon.

Suburbanite member, Peggy Townsend (above, center), showed how to make professional-looking bows for wreaths or large gifts. Peggy also asked her talented carpenter husband, Paul, to craft ten bow makers that were given away for door prizes. Thanks a million, Paul!

Barb Lynch, Yarnovers (above, right), showed one of her many talents by making Ginger Bread Houses. Liz Bynum was the lucky Homemaker member who won the Gingerbread House as a door prize.

Homemakers Executive Council will meet on Tuesday, January 13 at 1:00 p.m. and Friday, February 27.

Oldham County Homemaker Council will meet at 12:30 p.m. on Thursday, January 22.



Winter 2014

4-H News Pg 5

ANR News Pg 8

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Leftover Turkey Talk

The holidays are here and with them, the season of great eating. You may have more turkey and dressing than you'll know what to do with.

It's a great idea to save your Thanksgiving leftovers, as it stretches your holiday food dollars and provides quick meals for your family. Leftovers must be stored and reheated safely to prevent foodborne illnesses. Follow these tips to ensure your leftovers are safe to eat:



- Refrigerate leftovers within two hours of the food sitting at room temperature. Bacteria grow best at temperatures between 40 and 140 degrees F. Use an appliance thermometer to make sure your refrigerator is set below 40 degrees.
- For quicker cooling, divide leftovers into smaller portions in shallow containers. Place the hot food directly into the refrigerator.
- Once you are ready to eat your leftovers, reheat them so the internal temperature of the food reaches 165 degrees F. Check the temperature with a food thermometer. Safely reheat soups, sauces and gravies by bringing them to a boil.
- When reheating in a microwave, make sure there are no cold spots in the food where bacteria could survive. Stir and rotate food for even heating.
- Eat or freeze any remaining leftovers within three to four days. Consume or freeze gravy within two days.

You can prepare many delicious leftovers from your Thanksgiving meal. Here's a recipe suggestion from the University of Kentucky Cooperative Extension Service:

Leftover Thanksgiving Casserole

Servings: 6

Ingredients

- 1 package of stuffing mix (6 ounces)
- 2 ½ cups cubed, cooked turkey or chicken
- 2 cups frozen cut green beans, thawed or 1 can (14.5 ounces) vegetables of your choice
- 1 jar (12 ounces) turkey gravy or 1 can cream of chicken soup.

Directions

1. Preheat oven to 350° F
2. Prepare stuffing mix according to package directions. Transfer to a greased 2-quart casserole dish.
3. Top with turkey, green beans, and gravy.
4. Cover and bake for 30-35 minutes or until heated through, or microwave 10-12 minutes on high.

Nutrition information per serving: 260 calories; 21g protein; 20g carbohydrates; 10g total fat; 45mg cholesterol; 730mg sodium.

Source: Debbie Clouthier, Extension Associate for Food and Nutrition.

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Homemaker Lesson Topics for this Winter

Plate It Up—Thursday, February 12*, 1:15 p.m.

Kentucky Farmers' Markets and personal gardens yield some of the best fruits and vegetables in the world! This program will focus on Plate It Up! Kentucky Proud, a program developed to educate consumers on locally grown produce and use in meal preparation. A variety of recipes have been developed and more are on their way. You will learn about its origins, nutrient content, and uses for produce grown in Kentucky. Sheila Fawbush, County Extension Agent in Shelby County will conduct this presentation.

**Please note this is a change from the original schedule.*

Oldham County Cultural Arts Day

The members of Share & Sample and Westport Homemakers are working on plans for the 2015 Cultural Arts Day at the John Black Center on February 4. All the special details for the day will be distributed at the Council Meeting on January 22. Please refer to page 17 of the OC Homemakers Handbook for Exhibit Categories and the KEHA online Homemaker Manual for additional details! The date for Area Cultural Arts will be announced soon. Contact Chris with questions.

Come Sew With Us



Mon., Jan. 26— Aromatic Hand Warmers & Stress Pillow, 10:00 a.m.— 2:00 p.m.

Mon., Oct. 22— Zen Stitched Pillow, 10:00 a.m.— 2:00 p.m.

Classes are free, but please call to reserve your seat for each class. All classes are held at the Oldham County Extension Office. Check the website for the list of supplies to bring.

Upcoming FCS Events

January

- 13 Homemaker Executive Board, 1 p.m.
- 22 County Homemaker Council, 1 p.m.
- 26 Come Sew With Us, Aromatic Hand Warmers & Stress Pillow, 10 a.m.

February

- 4 Cultural Arts Check-In 9 a.m., JBC
- 12 Homemaker Lesson: Plate It Up, 1:15 p.m.
- 23 Come Sew With Us, Zen Pillow, 10 a.m.
- 27 Homemaker Executive Board, 1 p.m.

Christine L. Duncan

Christine Duncan, Agent
Family and Consumer Sciences

4-H Youth Development



Oldham County 4-H Shooting Sports



Shooting Sports Coach Certification

will be held at Lake Cumberland 4-H Education Center in Jabez, Kentucky on March 6—8.

If you would like to become a Shooting Sports Coach, this workshop is required.

Call for additional information.

Did you know there are 97 members in the Oldham County 4-H Shooting Sports Club? The club had 40 members advance to the **State Shooting Sports Competition** in September. Congratulations to the following team members who placed 1st at state competition:

1st Place Team Pistol 12-14: Logan Roberts, John Clore, Shane Bickett and Dalton Harjes.

1st Place Team Pistol 15-18: Sean Wisdom, Bridget Wisdom, Alex Mitchell and Cody Jenkins.

1st Place Team Sport Rifle 15-18: Alex Mitchell, Will Scanlon, Cody Jenkins and Sarah Griffin.

A special thank you to our coaches who work with our 4-H members throughout the year: Joe Blevins, Rob Davis, Sam Finney, Brent Gibbs, Elizabeth Griffin, Kellee Gibbs, Paul Harjes, Wayne McLeod, Ken O'Barr, Kenny Smith, Scott Sheffield, and Sean Wisdom. The 4-H Shooting Sports Club will begin enrollment in March 2015 to receive an enrollment notification call the Cooperative Extension office at 222-9453.

Schedule your 4-H Camp Vacation Today!



4-H Camp will be held June 29—July 3 at Lake Cumberland 4-H Camp in Jabez, Kentucky. So invite your friends to join us in an exciting week of outdoor fun and adventure. Camp enrollment materials will be available in February. You do not want to miss out!

Achievement Award Winners Recognized at 4-H Banquet

The 4-H Achievement Program recognizes members beginning in the sixth grade. The application is a detailed resume of the members' 4-H and community involvement. Scholarships are available at each state level achieved. Congratulations to the following 4-H members who have completed a Clover Achievement Level:

Clover Level One: Keirstin Kennedy, Emmett King, Ruby Mason, Coral Schulte, and Ethan Willis

Clover Level Two: Noah Anderson and Sam Blevins

Clover Level Three: Olivia Minor and Cassidy Nida

Clover Level Four: Hannah Anderson, Brandon Howard, Kaileigh Nida, and Molly Logsdon

Clover Level Five: Sarah Griffin, Dalton Harjes, Daniel Shircliff, and Karmen Woods

Those members who achieved Clover Level Three, Four, and Five will advance to state level judging. Congratulations to all!

Attention Horse Club Members

4-H members who would like to qualify for participation in any 4-H Competitive Horse Event (this includes 4-H Horse shows) must complete 6 hours of instructional hours taught by their 4-H Certified Horse Club Leader. The 6 instructional hours must be completed before April 15 and be documented by the Certified Horse Club Leader.

Please meet with your 4-H Certified Horse Club Leader now to ensure you will have your completed and documented 6 hours of instruction prior to April 15. Members must also have their 4-H enrollment form submitted to the CES office on April 15. Documentation of hours completed must accompany your registration or show paperwork.

Snack Better After School

As most parents know, children tend to be ready to eat as soon as the school bell rings. But with dinner still a few hours away, it's too easy to let kids reach for convenient snacks that are packed with calories, excess sugar and too much fat. You can help your child—and family—snack healthier by following these steps:

Improve the accessibility of healthy foods. Research has shown that when healthier food becomes easily accessible for kids they are more likely to eat it. Put some fruit on the dining room table or close to the edge of the kitchen counter so your children can easily see and reach it. Make healthier options less accessible.

Think unconventionally. Many times we associate “healthy” with only fruits and vegetables, but numerous other healthy snack options exist. Nuts, popcorn, string cheese and sunflower seeds are just some of the possible choices.

Offer healthier options. When it's still warm, many kids love eating cold snacks like popsicles and ice cream, but you can offer healthier options for them. Purchase popsicles that are low in sugar. Instead of ice cream, try yogurt. If your kids don't like the taste of plain yogurt, try adding berries and crunchy granola.

Set limits on the amount of soda your kids drink. Let them have one per day, or two or three per week. Encourage them to drink water and milk instead.

Santa's Workshop

Join 4-H on December 22 to make gifts for family and friends.

10 a.m. until 2 p.m.

John Black Community Center
1551 N Hwy 393, La Grange, KY

Boys and Girls ages 8-13.

Cost: \$25 at time of registration, payable to Oldham Co. 4-H
Mail to Oldham County Extension, 1815 N Hwy 393, La Grange, KY 40031
Space is limited.



Santa's Workshop Registration

Name: _____ Age: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Parent/Contact: _____

Email: _____

List Food Allergies: _____

Photo Permission: Yes _____ No _____

Submit with payment to:
Oldham County Cooperative Extension
1815 N Hwy 393, La Grange, KY 40031

Oldham County Teens Selected for State Teen Council

Throughout their 4-H careers, members have numerous opportunities to learn how to become better leaders. One of those opportunities is serving as a representative on State 4-H Teen Council.

State teen council gives young people who already possess leadership potential, the chance to refine their communication and leadership skills. Council members are chosen by their extension district and serve two-year terms. Lexi Bergman and Tyler Jones are State 4-H Teen Council members from Oldham County.



While serving on the council, members serve as a sounding board for 4-H state teen programming efforts and issues. They also assist with the planning and execution of two leadership building events, 4-H Summit and 4-H Teen Conference. During Summit, teen council members serve as mentors to middle school students. They also create and present a leadership workshop to Summit participants. By serving on State 4-H Teen council, Tyler and Lexi will have the opportunity to give back to the Oldham County 4-H program.

4-H Buck\$

Starting this year, 4-H Buck\$ will provide financial awards as recognition for various state level 4-H programs. The 4-H'er receiving 4-H Buck\$ may use the award to cover the cost of a state 4-H program or 4-H camp. The goals of the program are to first recognize Kentucky 4-H'ers for outstanding achievement and second to provide financial assistance for participation in Kentucky 4-H programs.

4-H Buck\$ can be used to cover a 4-H'ers registration fee or other cost paid to the 4-H Foundation or other 4-H entity for approved state level events. Examples of state level 4-H events accepting 4-H Buck\$ include, but are not limited to, 4-H Teen Conference, 4-H Summit, Issues Conference, and State 4-H Horse Show. A County 4-H program can choose to accept 4-H Buck\$ for summer 4-H Camp registration. 4-H Buck\$ expire after two years of issue, cannot be transferred to another 4-H member, cannot be paid as cash and must be used through participation in a qualified 4-H program.

| UPCOMING 4-H EVENTS | | |
|--|--|---|
| DECEMBER | JANUARY | FEBRUARY |
| 1 SOMS 4-H Club 2 Delicious Delights 4-H Club 4 Leaders of the Pack Dog Club 5 EOMS 4-H Club 8 SOMS 4-H Club 8 Teen Club Mtg. 9 Aerospace Club 10 Aerospace Club 11 Aerospace Club 12 EOMS Club 15 Teen Club Mtg. 17 Busy 4-Her's Club 18 LaGrange Comm. Ctr. 4-H 18 Shooting Sports Mtg. 22 Santa's Wksp. | 6 Delicious Delights 4-H Club 13 CES Council 13 District Board 15 4-H Council 19 Teen Club Mtg. 20 4-H Cloverbuds Mtg. 22 Busy 4-Her's Club 29 Leaders of the Pack Dog Club <div style="text-align: center;">  <i>Kelly Woods</i> Kelly Woods, Agent 4-H Youth Development </div> | 3 Delicious Delights 4-H Club 5&6 Crestwood Communications Day 12 Centerfield Communications Day 17 4-H Cloverbuds Mtg. 19 Locust Grove Communications Day 19 Busy 4-Her's Club 20&24 Crestwood Communications Day 26 Leaders of the Pack Dog Club |

Agriculture & Natural Resources

Replacing Ash Trees

Ash trees in Oldham County are being hit hard by the Emerald Ash Borer. This has led many people to ask, "What is a good replacement?" Ash trees provided a relatively fast growing tree with attractive foliage and growth habit. Ash trees are also easy to grow and transplant successfully making them popular for landscapes. There is no single type of tree that can replace all of the characteristics of the Ssh, but there are some can fit the same needs.

Tulip Poplar and Red Maple are two relatively fast growing trees. These will provide good shade fairly quickly. These trees need lots of room to grow and will not fit well in a small yard or close to a building. Littleleaf Linden and Yellowwood are medium-sized trees that could fit into many smaller landscape sites. They have the smaller leaf size similar to the Ssh and similar fall color.

Native trees that provide diversity and uniqueness include the Willow Oak, Chinquapin Oak, Shingle Oak, or Black Gum. These are slower growing large trees that will provide interest and diversity in your landscape. The Black Gum is noted for its red fall color. Striped Maple and Zelkova are two other landscape choices. They do not have the same growing shape as Ash, but they are the size that could fit easily in the spot occupied by an Ash tree. Striped maples are medium-sized and have interesting bark and good yellow fall color similar to the Green Ash. The Zelkova has a vase shape growth habit with small leaves providing medium shade and interesting fall color.

There are many wonderful trees to choose from for Kentucky landscapes. Factors to consider are mature height and width of trees, space available in landscape, cultural needs of the tree (soil type and pH, etc.), flowering, time of flowering, form, and fall color. Making a list of landscape characteristics and desired tree traits will help narrow the list of choices for those trees suitable in individual landscapes.

Winter Animal Care

Livestock producers should make sure animals have adequate shelter, water, dry bedding, and feed during cold spells. Pet owners should bring pets indoors during periods of extreme cold. UK livestock specialists said animals have a higher requirement for energy in the colder months, so producers should have high-quality grains and forages on hand to meet their needs.

The average horse, with a lower activity level, should eat between 1.5 and 2 percent of its body weight in feed per day to maintain its weight. UK equine specialist, Bob Coleman, said that feed requirement goes up in the winter, as horses use more calories to keep warm. He recommended providing extra hay and making sure horses have shelter to get out of windy, damp weather. It's also important for horses to have access to clean, unfrozen water. Make sure water sources are open for all livestock. A decrease in water intake will affect dry matter intake.

Ambient temperatures can impact the amount of dry matter cattle eat, providing an opportunity to compensate for increased maintenance energy needs. Producers either need to increase their animals' feed intake ,or increase the energy density of the diet by feeding higher quality hay or adding more grain or fat to the grain mix, UK beef specialist, Jeff Lehmkuhler, said.

Lehmkuhler recommended that producers continue to monitor cows during the wintertime and make sure to maintain the animals' body condition.

continued on next page...

Winter Animal Care (continued from page 7...)

“Poor quality hay may not provide adequate energy to maintain gestating cows that are entering the third trimester,” he said. “Consider having the hay tested to determine if you need to supplement during times of possible cold stress, especially for the enduring cold spells.”

He said to consider separating younger and thinner cows that may not have the same internal insulation as conditioned older cows and supplement them accordingly or offer them higher quality forage if available. Coleman said equine owners can employ similar strategies and separate animals according to body condition score.

“Producers should move cows to fields with natural windbreaks or provide man-made windbreaks, which are not the same as a barn,” Lehmkuhler suggested. “Poorly managed barns combined with poor ventilation may actually hamper efforts to improve the environmental conditions. Lastly, remember it is energy or calories that are really needed. If the protein level in the forage is adequate, do not make supplement decisions based on protein level; rather purchase the most affordable calories. Stay warm and keep the waterers flowing.”

The lower critical temperature (LCT) value for cattle is the lowest temperature or wind chill at which no additional energy is required to maintain core body temperature. “As the temperature declines below this lower critical value, the maintenance energy value for the animal is increased to maintain core body temperature,” he said. “Animals maintain core body temperature by increasing their metabolism, resulting in greater heat production, as well as other heat conservation strategies, such as reducing blood flow to the extremities, shivering, and increased intake.”

Lehmkuhler said several things can influence lower critical temperature value. “Both external and internal insulation influences the LCT. External insulation is basically the depth and thickness of the hair coat, condition of the hair coat, and thickness of the hide,” he said. “Thin-hided breeds such as dairy breeds tend to have a lower insulating factor than thick-hided breeds like Herefords. The condition of the hair coat is extremely important as an external insulation barrier.”

The hair coat acts similar to home attic insulation that traps air, enhancing the insulating value. If the hair is wet and full of mud, air is excluded, reducing the insulating value and increasing heat loss from the skin to the environment. The density of the hair coat and if it is wet or dry impacts the wind chill temperatures at which cold stress is considered mild, moderate, or severe. As little as 0.1 inch of rain can immediately impact cold stress severity by matting the hair down and reducing its insulating ability. Acclimation time, hide thickness, fat cover, and other factors will also influence the degree of cold stress that animals experience.

Source: Aimee Nielsen, UK Ag Communications Specialist

Helpful Links:

UK Grain Crops Page – Variety Trials: <http://www.uky.edu/Ag/GrainCrops/>

Bluegrass Equine Digest: <http://equine.ca.uky.edu/bed>

Native Trees of Kentucky: <http://www.uky.edu/hort/Kentucky-trees>

UK College of Agriculture, Food and Environment YouTube Channel:
<http://www.youtube.com/user/UKAgriculture>

Land Owner & Producer Decisions for Farm Bill

Land owners and grain producers need to be aware of upcoming deadlines and other information relative to the 2014 Farm Bill. Please see the timeline below and note that updates to Base Acreage Allocation must be provided by the land owner through the local Farm Service Agency Office. Yield updates for farms may be provided by either the land owner or the grain producer.

Also note that the election indicated on the timeline is the producer's election of one of the following: Ag Risk Coverage-County (ARC-C); Ag Risk Coverage – Individual (ARC-I); or Price Loss Coverage (PLC).

Meetings were held in November across Kentucky to inform producers and land owners of requirements, deadlines and choices. This is an ongoing process, and plans are being made to offer another meeting in the Louisville area this winter to help producers prepare for these decisions.

| ARCPLC | | | |
|---|---|---|--|
| | Who can provide the data? | Who has authority to sign form? | Deadlines |
| YIELD UPDATE (One time Update) | Producers and/or Owners can provide yield information to update yields on crop by crop basis. | Any current Owner. | SEPTEMBER 29, 2014 – FEBRUARY 27, 2015 |
| BASE UPDATE (One time Update) | Owners must provide data for reallocation | Only ONE owner of the farm must sign for the base reallocation. Note: Person with POA can sign for Owner. However, POA must have the following marked: All Current and Future Programs and All Actions | SEPTEMBER 29, 2014 – FEBRUARY 27, 2015 |
| ELECTION (One time election for the life of the farm bill) | Current producers on the farm must make election at the farm level for the life of the Farm Bill. | ALL current producers with an interest in cropland will make the election. | NOVEMBER 17, 2014 – MARCH 31, 2015 |
| ENROLLMENT | To be eligible for payments under ARC-CO and PLC producer must have a crop share interest on the base acres. For ARC-IC the producer must have a share in the planted covered commodity on the farm. | To be eligible for payments under ARC-CO and PLC producer must have a crop share interest on the base acres. Producers must sign enrollment. For ARC-IC, the producer must have a share in the planted covered commodity on the farm For ARC-IC, current producers must complete an annual enrollment contract. Shares will not be required at the time of enrollment. | MID-APRIL 2015 – SUMMER 2015 For 2014 and 2015 Annual sign up period. |

Fine-Tune Your Sprayer and Spreader Equipment

Take time this winter to maintain equipment and get it ready for next season. Oftentimes, the product is blamed when pesticide applications are not effective. As with any process, there are many reasons for problems or poor control.

- Was the product applied at the correct rate?
- Was the correct product used?
- Was the right type of spray nozzle used?
- Were the nozzles angled correctly for appropriate overlap?
- Was the spray boom set at the correct height?
- Was equipment calibrated?
- Was the recommended volume of water used per area?

Check the label for all instructions and recommendations before making pesticide or fertilizer applications. The Extension Office can provide information on recommended products for specific pests.

Resources for proper calibration of equipment (including homeowner equipment for both pesticide and fertilizer applications) are included at these sites:

<http://www2.ca.uky.edu/agc/pubs/agr/agr6/agr6.htm> (Introductory Materials Section)

<http://pesticidestewardship.org/calibration/Pages/default.aspx>

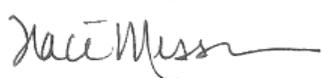
<http://www.uky.edu/Ag/ukturf/lawns.html>

Also take a look at Sprayer Nozzle Selection and Applying Pesticides Correctly guides linked here:

<http://pest.ca.uky.edu/PSEP/welcome.html>

Upcoming ANR Events

| | | | | | |
|------------|-----------------|--|------------|-----------|--|
| Dec | 8 | Private Pesticide Applicator Training, 6:00 p.m., RSVP required | Jan | 19 | Office Closed |
| | 8 | Green Thumbs, 11:30 a.m., Corbett's, RSVP required | | 20 | Private Pesticide Applicator Training, 1:30 p.m. |
| | 10 | Early Bird Grain Meeting, 8:00 a.m. – lunch, RSVP required | | 26 | Oldham Co. Cattlemen, 6:00 p.m. |
| | 12 | Beekeepers, 6:30 p.m. | Feb | 5 | Vegetable Gardening, 6:30 p.m. |
| | 15 | Oldham Co. Ag Development Council, 7:00 p.m. (tentative) | | 6 | Grain Crops Update, 9:30 a.m., Shelby Co. CES |
| | 25-Jan 2 | Office Closed Dec 25 – Jan 2 | | 9 | Green Thumbs, 9:30 a.m. |
| Jan | 5-6 | KY Fruit & Vegetable Conference, Lexington, http://www.uky.edu/hort/?q=calendar | | 10 | Private Pesticide Applicator Training, 1:30 p.m. |
| | 9 | Beekeepers, 7:30 p.m. | | 13 | Beekeepers, 7:30 p.m. |
| | 12 | Green Thumbs, 9:30 a.m. | | 20 | Master Gardener Class Graduation |
| | 13 | Extension Council, 9:00 a.m. | Mar | 2 | Cattle Handling & Care/Beef Quality Assurance, 6:00 p.m. |
| | 13 | Extension District Board, 10:00 a.m. | | 9 | Green Thumbs, 9:30 a.m. |
| | 16-17 | KY Cattlemen's Convention, Owensboro, http://www.kycattle.org/ | | 10 | Extension Council, 9:00 a.m. |
| | | | | 10 | Extension District Board, 10:00 a.m. |
| | | | | 13 | Beekeepers, 7:30 p.m. |



Traci Missun, Agent
Agriculture and Natural Resources

For up-to-date events, go to:
<http://oldham.ca.uky.edu/upcomingevents>



Michael Boice,
Horticulture Assistant

COOPERATIVE
EXTENSION
SERVICE



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