Extension Leader of the Year

Each year, the Oldham County Cooperative Extension Service honors a volunteer who shows outstanding leadership and commitment to Extension programs. During our open house on May 7, Ken Heppermann was recognized as the 2019 Extension Leader of the Year.

A long-time supporter of Extension, Ken began volunteering by teaching a business management class for Extension in 2006. In 2009, he became a member of the Oldham County Extension Council, helping identify needs that Extension can address through its programs. He served as the council’s president from 2012 to 2013 as well as on Council Event and Marketing Committees many times over the years.

Another advisory group that is vital to Extension is the District Board which provides oversight of funds and spending. A board member since 2013, Ken served as the board’s president from 2015 to 2018. In his role with the District Board, he has prepared annual reports for Extension, and presented the budget to Fiscal Court members. He has also spent countless hours planning and meeting with Extension Staff and Board members to move Extension to its new location on Parker Drive.

Oldham County Extension continues to move forward with improved services and educational programs for residents, thanks to the dedication of Ken and many other volunteer leaders.
Meal Prepping Saves Time, Frustration, and Calories

Deciding what to have for dinner each night can be a daily conundrum for many of us. As a result, we may find ourselves in line at a fast food restaurant more than we care to admit. But it does not have to be this way. By preparing at least portions of our meals in advance, we can have home cooked, healthy meals on a regular basis.

Research shows people who regularly do advanced meal preparation tend to consume more fruits and vegetables and eat an overall more balanced diet. Meal prepping is extremely popular as it allows us to live our hectic lives while still providing our families with nutritious foods. It saves time because steps in the cooking process are already completed to varying degrees. The process may include simply prepping ingredients to be used later to completely preparing dishes that are stored until later use. Meal prepping also takes some of the stress and frustration out of deciding what to eat each night.

If you have never tried meal prepping before, start small and don’t invest a lot of money. At first, aim to prepare two to three meals per week in advance. Find nutritious recipes that your family would enjoy and make a grocery list of the needed ingredients. Allow your family to chime in on the meals, or ask them if there is a new food or recipe they would like to try.

It is easier to set aside one day for grocery shopping and meal prepping as it cuts down on the number of times you have to handle the food and gives you a set time to work meal prepping into your busy schedule. Include your family in the food preparation. Not only will it help spread out the cooking responsibilities, but it will also teach your family basic cooking skills and healthy eating habits.

Remember food safety when preparing food. When using a cutting board, slice vegetables before cutting meat. Store produce and meat separate to avoid contamination. While most people associate meal prepping with dinnertime, you can also prepare quick breakfasts or use leftovers for lunches. When dinner is cooking, make the most of your time in the kitchen. Chop veggies for a salad the next day, or slice some fruit for a quick grab-and-go snack.

After the food is prepared, store it in an airtight container and either place it in the refrigerator or freezer depending up on how soon you plan to eat it. Consume refrigerated meals within five days. Freezing will allow you to store meals for a longer time.

As you become a meal-prepping pro, you can watch for sales to stock up on food staples and increase the number of meals you prepare at home.

Source: Heather Norman-Burgdolf, Assistant Extension Professor

Attention Beginning and Experienced Canners

Get your pressure canner tested. If you have a dial gauge on your pressure canner you may want to make an appointment to have it tested at the Extension Office. Appointments may be made until June 27.

Canning Boot Camp will be Thursday, June 6, at 6:30 p.m. and repeated on Friday, June 7, at 10:00 a.m. Come learn or refresh your skills for preserving the wonderful vegetables that we have that are fresh from the garden or farmer’s market.
Louisville Area Homemakers Meeting

This year's Louisville Area Homemakers Annual Meeting is 10:00 a.m. on Wednesday, June 25, at Yew Dell Botanical Gardens, located at 6220 Old LaGrange Road in Crestwood. Visit with old friends and make new ones while viewing the beautiful gardens. Reservations of $17 are due to the Oldham County Extension Office by Monday, June 17. Make checks out to Oldham County Homemakers. Admission and a salad buffet lunch are included in the registration fee.

New Homemaker Clubs

Two new homemaker groups started meeting this spring.

The **502 Crafters** meet at 3:00 p.m. on select Sundays at the Extension office. Project information is available online at [oldham.ca.uky.edu/OC-homemakers](http://oldham.ca.uky.edu/OC-homemakers). Mary Wallace (438-0546 or 502crafters@gmail.com) is the club's president.

**Come Sew** meets at 10:00 a.m. on the second Saturday of the month at the Extension office. Come sit and sew to finish a project, or make something new. Contact Faye Korthaus (649-6475) for more details.

Cultural Arts News

The Louisville Area Extension Homemaker Association held its annual Cultural Arts contest in Bullitt County on March 1. Of the twenty-four entries that Oldham County homemakers sent to the area event, fifteen moved on to the KEHA State Cultural Arts Competition this year. Congratulations to the following homemaker members who have one or more entries that advanced to the state event:

- Linda Jensen
- Faye Korthaus
- Barb Lynch
- Mary Ann Mitchell
- Cindy Smith
- Peggy Townsend
- Diane Weis

At the state meeting in Louisville on May 15, Barb Lynch and Diane Weis each won a grand championship ribbon. Much congrats to all of our homemakers!
Lean Green Lettuce Tacos

Cooking challenge: make one new healthy recipe every month. For a lighter taco on Taco Tuesday, try this Lean Green Lettuce Taco recipe from Plate It Up! Kentucky Proud.

Ingredients:

- 8 large lettuce leaves
- 1 1/2 cup cooked brown rice
- 3/4 cup fresh corn kernels
- 1 cup canned black beans, drained and rinsed
- 1 tablespoon olive oil
- 3/4 pound extra lean ground beef
- 1 small zucchini, chopped

- 1 ounce packet low-sodium taco seasoning
- 4 ounces low sodium tomato sauce
- 1 tablespoon finely chopped cilantro
- 1 teaspoon lime juice
- 1 tomato, chopped
- 1 small red onion, chopped

Yield: 8 servings

Directions:

Wash and dry lettuce leaves. Prepare rice according package directions. Cut corn off cob. Drain and rinse black beans. In a skillet, heat the oil to medium; add ground beef and begin to cook. When beef begins to brown, add zucchini, corn and black beans to skillet. Continue to cook until vegetables are tender and beef is done. Do not overcook. Add in taco seasoning and tomato sauce and heat through. Add cilantro and lime juice to the cooked rice. Place equal amounts of rice mixture and taco mixture into lettuce leaves. Top each taco with chopped tomato and onion.

Nutritional Analysis:

180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein

Source: Plate It Up! Kentucky Proud, University of Kentucky Extension

Farewell from Chris

Friday, June 28, will be my last day as County Extension Agent for Family and Consumer Sciences in Oldham County. It is time for me to rest and relax. I have learned so much in the last 23 years and have had the privilege to work with the most wonderful people.

I will still be a resident of Oldham County and will come back to visit. Thank you for great memories! I have been blessed!
Oldham County Fair

It is almost county fair time, so finish up those fair projects! 4-H entries will be accepted at the Extension office (205 Parker Drive, La Grange) on Sunday, July 28, between 2:00 and 5:00 p.m. The Oldham County Fair will be held from July 30 through August 3.

The 4-H Fair Catalog is available online at oldham.ca.uky.edu/4h-fair as well as at the Extension Office.

Benefits to Cooking As A Family

In today’s society, we can get so wrapped up in the hustle and bustle of everyday life that family time is often left out of our daily routine. Most of us consider the nightly meal as family time, but it’s easy to forget that cooking together is also a great bonding experience.

There are many benefits of getting the family involved in the kitchen. Research shows that young people who are involved in cooking their meals are more willing to try new foods, and cooking can open up sensory exploration for children. Youth who get to smell, touch, and see the food before even tasting it, develop a sense of ownership of the meal. Not only does cooking as a family allow them to try new meals, it also builds self-confidence in young people as they learn to prepare food.

This time together also fosters conversation. You can engage in your young person’s life and talk about healthy food and even teach math and literacy skills as they learn to read recipes.

Here are some tips to succeed at cooking with your family.


Follow food safety guidelines. Make sure that everyone washes their hands and that children know they cannot taste uncooked ingredients.

Focus on fun. Young people can still have fun and learn without being involved in every step, especially if that step could be dangerous. Make the directions simple and age appropriate. Encourage your young person to stay involved by getting their opinion and asking them questions along the way. Take each step as a learning experience, and be patient as they learn new skills and concepts.

Never leave kids unattended, especially if a task could be dangerous like using kitchen utensils or hot surfaces.

4-H offers a variety of cooking programs to help young people further master their food preparation skills as well as learn about health and nutrition. For more information, contact Oldham County Extension.

Source: Heather Norman-Burgdolf, UK Extension Specialist for Food and Nutrition

4-H Camp Prep

Get your 4-H Camp gear before you go to camp! Visit the camp store today at 4hcampstore.com so that your items will be shipped to your home in time to pack for Oldham County 4-H Camp on July 22-26.
New 4-H Clubs Next Year

Do you know a young person who has an interested in rabbits or livestock? Oldham County 4-H wants you! We have club leaders who are committed to starting the clubs; now we need the committed 4-H members. Both new clubs are looking to start meeting this fall.

Contact 4-H Agent Kelly Woods via (502) 222-9453 or kwoods@uky.edu if you would like to join.

Teen Camp 2019

Connect with teens from all across the state at this summer’s 4-H Teen Camp! Lake Cumberland 4-H Camp will host this great opportunity from August 3rd through 7th. Anyone age 14 to 17 is eligible. 18-year-olds who just graduated from high school are also welcome. The cost for this program is $250.

For more information, contact Director Krystal Johnson via krystal.johnson@uky.edu or (270) 866-3787.

Communications Winners

Oldham County 4-H Communications Day took place on April 15 at the new Oldham County Extension office on Parker Drive. Congratulations to the following 4-H’ers who excelled at the county competition and advanced to the district level:

Kennedy Dennison
Hunter Fackler
Matthew Howard
Kendall Kennedy

Carrie Olds
Elyn Powers
Sam Ray

Spencer County hosted the District 3 4-H Communications Event on April 27. Congrats and best of luck to Hunter Fackler, Matthew Howard, Carrie Olds, and Sam Ray who are moving on to the state competition in July.
4-H provides youth numerous opportunities to learn, grow and develop into productive adults. As a result, 4-H is a perfect place for young people to start exploring potential careers.

From robotics to cooking, 4-H's many programs, clubs, and activities really do have something to interest every young person. If youth have an interest, talent, or hobby, chances are they can learn more about it or do something productive with it in 4-H. As they learn more and do more in a particular interest area, a young person may develop a passion for a particular activity which could turn into a career choice. They may also decide a particular topic or field is not for them. A great thing about 4-H is that it provides a safe environment for exploration before young people have to choose a college major or commit to a particular career.

Another great thing about 4-H is members get to explore many of their interests under the guidance of a caring adult volunteer. Many times, these volunteers are also experts in the topics they are teaching. So not only do these volunteers help educate youth but they can also show youth the many career possibilities available in a particular field. Volunteers also provide valuable networking experiences as youth begin thinking about careers.

Many 4-H activities foster creativity and get youth thinking outside of the box. Their ideas may one day turn into a career for them. In entrepreneurship programs, young people get to learn more about the steps to take to start a business and about the risks involved. Many also progress further by actually opening their own businesses while still 4-H’ers.

For more information on becoming involved with 4-H, contact the Oldham Cooperative Extension Service via (502) 222-9453 or kwoods@uky.edu.

Source: Chuck Stamper, Cooperative Extension Service Special Projects Coordinator
“It is amazing how pasture green-up fades the memory of our winter of mud. Don't lose the mental picture of destroyed pastures because improving pasture productivity begins right now.” UK Forage Specialist Jimmy Henning shared this advice in a recent column in The Farmer's Pride. I echo his thoughts. Some of the green-up we are seeing now actually is our desired forage grasses. But much of it is just grassy weeds and broadleaf weeds. Will livestock graze some of these weeds? It depends. Horses tend to be the most selective in what they graze, and other livestock may be as well. For instance, I haven't noted any livestock that will consume nimblewill, and that’s a weedy grass that is fairly common here. I would challenge you to look closely at pastures to determine what your animals are consuming and what they are leaving untouched.

Some producers have adequate acreage and a feeding program that allows leeway in the amount of desired forage in pastures. But many do not. Consider that the amount of good forages you have also plays a big role in preventing soil erosion. Annual weeds that colonize thinned or overgrazed pastures die out by late fall, leaving no root system to hold your soil in place. When good topsoil is lost through erosion, it becomes more difficult to get desired forages established in following years.

What should you be doing now to get a handle on pastures?
1. If you haven't had soil tested in the last three years, pull samples to determine soil pH and nutrient levels.
2. When was the last time you fertilized pastures? Nutrition is just as key in keeping pastures healthy as it is for livestock. If it’s been a while since fertilizer was applied, test soil and make plans to address fertility needs.
3. Use rotational grazing. This improves grazing efficiency and allows rest and regrowth periods for pastures.
4. Don’t allow the good stuff to be overgrazed. Manage grazing so that pasture is rested when grasses get down to a 3-4 inch height.
5. Monitor what livestock are eating and what they are leaving behind.
6. Identify problem weeds and make plans to control these.
7. Make plans for areas that need to be reseeded. Late August through the end of September is the best time to sow fescue and orchardgrass.

Dr. Henning will be here on Thursday, August 8, at 6:30 p.m. to talk about Pasture Seeding & Management. This is a great opportunity to learn from an expert with years of experience helping producers improve pastures. We will have dinner and a great talk with Dr. Henning. This class counts as an educational credit for related CAIP cost-share projects.
Cost-Share Applications Anticipated in June

We anticipate having applications available in June for two cost-share programs. Please follow up with our office in early June to get an application and ask about deadlines. These cost-share programs are offered through the Kentucky Agricultural Development Fund in partnership with the Oldham County Agriculture Development Council.

The first cost-share program is the County Agricultural Investment Program. This cost-share offers 11 investment areas that give Kentucky farmers the ability to increase net farm income, add value to their products, and diversify their operations.

The second cost-share program is the Youth Ag Incentives Program. This cost-share program was developed to benefit youth actively engaged in agriculture and focuses on youth developing agriculture projects.

Both cost-share programs require that awarded applicants participate in an educational program or field day related to their cost-share project. For upcoming opportunities, review the articles in this newsletter as well as the events calendar on page eleven.

As a reminder – cash receipts are not eligible for reimbursement in these cost-share programs. CAIP applicants must have a farm serial number to complete an application. If you are unsure of this number, please contact the Farm Service Agency at (502) 845-2820 for more information.

Please call our office or email traci.missun@uky.edu with questions about projects that qualify. More information about guidelines is also available online at oldham.ca.uky.edu/grants-cost-share.

Appointments will be available with our program administrator for help completing cost-share applications. Please call (502) 222-9453 to schedule an appointment.

Summer Gardening Activities

• New plants can be added to the landscape. Container grown plants and balled and burlapped plants from a nursery or garden center can be planted now. Digging and transplanting trees once they have leafed out will stress them and often be unsuccessful.
• When spreading mulch, allow a depth of no more than three inches, and keep it away from the bark to prevent creating an environment for insect invasion and disease development. Deep mulch around the base of trees will encourage girdling roots and disease development, leading to the early loss of trees.
• Frequently scout plants for disease symptoms and insect damage. Early detection and treatment will reduce the amount of damage caused by the disease or insects.
• Plantings in containers need to be checked every day for watering. Use a liquid fertilizer frequently when watering — at least every third watering. Consider using a slow release fertilizer which will require only a couple applications during the growing season.
• Blackberries will require pruning canes that have finished producing fruit for the year. This allows new canes to develop and reduces transferring disease to the new canes. Pruning new canes to a height of four to five feet high will allow side shoots to develop. Red raspberry canes that have finished fruiting for the year should be removed at ground level.
• During the summer, while house plants are actively growing, is the best time for selective pruning to keep your plants looking their best. Summer is also a good time to move house plants outdoors, being sure to keep them in full shade. Full sun exposure will burn the leaves.
Announcing Oldham County Ag Connection – September 19

The latest agriculture census shows that farms are still a big part of Oldham County. Our farms don’t necessarily look the same as in the past though. We are kicking off a new program here to highlight agriculture in the county, and our inaugural speaker for this event is David Knopf, Regional Director of the National Agricultural Statistics Service. Mr. Knopf will give an overview of the changes in agriculture activity here since 2012.

This is a great opportunity for all residents — including consumers, farmers, elected officials, and business professionals — to understand the agriculture activity in Oldham County. Please save the date and join us for this event.

Oldham County Ag Connection
Thursday, September 19th
6:30 p.m.
Dinner
Welcome and Introductions
Guest Speaker David Knopf, Regional Director, National Ag Statistics Service
“Changes in Oldham County Agriculture since 2012”
Register via 222-9453 to reserve your seat and meal.

We will host quarterly meetings of the Oldham County Ag Connection with future speakers and topics of interest to both producers and consumers.

More Upcoming Events

Summer Extension events are listed on the facing page. Take note also of the following fall dates:

Beginner Beekeeper Survival School – Starts September 7
Regional Beef Field Day, Shelby County – October 7
Master Gardener – Starts October 15
Master Horseman – Begins November 7

Traci Missun
Agriculture & Natural Resources Agent

Michael Boice
Horticulture Assistant
### Upcoming Extension Events

All activities are held at the Oldham County Extension office unless otherwise noted. Please call to RSVP for classes held at Extension offices.

#### May 31 - June 2
- District 4-H Horse Show, Frankfort

#### June

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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>3</td>
<td>OC Master Gardener Annual Meeting, 6 pm</td>
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<td>3</td>
<td>Miniature Hostas, 6:30 pm</td>
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<tr>
<td>4</td>
<td>4-H Teen Conference Orientation</td>
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<td>4</td>
<td>OC Cattlemen, 7 pm</td>
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<td>6</td>
<td>Extension Council, 9 am</td>
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<td>6</td>
<td>District Board, 10 am</td>
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<td>6</td>
<td>Canning 101, 6:30 pm</td>
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<td>7</td>
<td>Canning 101, 10 am</td>
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<td>8</td>
<td>Come Sew, 10 am</td>
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<td></td>
<td><strong>10-13</strong> 4-H Teen Conference, Lexington</td>
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<tr>
<td>14</td>
<td>Orchids, 10 am</td>
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<tr>
<td>15</td>
<td>OC Beekeepers outing</td>
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<tr>
<td>18-19</td>
<td>Kids Cooking Camp</td>
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<tr>
<td>25</td>
<td>4-H Poultry Club, 6:30 pm</td>
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<tr>
<td>26</td>
<td>Louisville Area Homemakers Annual Meeting, Yew Dell</td>
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<tr>
<td>27</td>
<td>4-H Homeschool Club, 3:30 pm</td>
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#### June 29 - July 6
- KY 4-H State Horse Show, Louisville

#### July

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>4</td>
<td>Office Closed for Independence Day</td>
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<tr>
<td>8</td>
<td>4-H Camper Orientation, John Black Center</td>
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<tr>
<td>10</td>
<td>4-H Camp Leader Orientation, John Black Center</td>
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<tr>
<td>11</td>
<td>District Board, 9 am</td>
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<tr>
<td>11</td>
<td>Hypertufa Planters, 1 pm</td>
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<tr>
<td>12</td>
<td>OC Beekeepers, 7:30 pm</td>
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<tr>
<td>13</td>
<td>Come Sew, 10 am</td>
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<tr>
<td>13</td>
<td>State 4-H Communications Day, Lexington</td>
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<tr>
<td>16</td>
<td>4-H Homeschool Club, 3:30 pm</td>
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<td>18</td>
<td>4-H Council, 7 pm</td>
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<td>19</td>
<td>4-H Camp Lice Checks</td>
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<td>22-26</td>
<td>4-H Camp</td>
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<td>26</td>
<td>Shooting Sports Coaches Meeting, 7 pm</td>
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<tr>
<td>28</td>
<td>County Fair Entry Check-In, 2-5 pm</td>
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<tr>
<td>31</td>
<td>4-H Poultry Club, 6:30 pm</td>
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#### August

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<tr>
<td>1</td>
<td>District Board, 9 am</td>
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<tr>
<td>3</td>
<td>OC 4-H Dog Show</td>
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<tr>
<td>3-6</td>
<td>4-H Teen Camp, Lake Cumberland</td>
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<tr>
<td>6</td>
<td>4-H Photography Club, 7 pm</td>
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<td>8</td>
<td>Pasture Seeding &amp; Management, 6:30 pm</td>
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<td>9</td>
<td>OC Beekeepers, 7:30 pm</td>
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<td>10</td>
<td>Come Sew, 10 am</td>
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<tr>
<td></td>
<td><strong>11</strong> KY 4-H State Dog Show, Louisville</td>
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<tr>
<td>13</td>
<td>4-H Homeschool Club, 3:30 pm</td>
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<tr>
<td>15</td>
<td>Planting for Fall Interest, 6:30 pm</td>
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<tr>
<td>15-25</td>
<td>Kentucky State Fair, Louisville</td>
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#### September

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<th>Date</th>
<th>Event Description</th>
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<tr>
<td>2</td>
<td>Office Closed for Labor Day</td>
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<tr>
<td>3</td>
<td>4-H Photography Club, 6:30 pm</td>
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<tr>
<td>4</td>
<td>Theme Gardens, 6:30 pm</td>
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