

NICHOLAS COUNTY 4-H NEWSLETTER



"To Make the Best Better"

November 2022

Dear Nicholas County 4-H'ers,

It's the most WONDERFUL time of the year. I know you are gearing up for Winter Break from school and looking forward to all the things the Holiday season entails.

We had a wonderful month of events in November from our first Cloverbud meeting to 4-H Sewing Club working on their service project to recycle donated fabric to create dog beds for the animal shelter.

Hopefully by the time this newsletter reaches you, you still have time to make plans to attend the 4-H Livestock Vendor Fair at the Old Armory Gymnasium. We have numerous vendors coming to set up, as well as food available. Whether you are a 4-H Livestock club member or involved in other 4-H clubs, we hope to see you there this Saturday, November 26th. This is Shop Small Saturday so while you are out and about visiting the stores in town, stop in and see us with your family as well. It'll be a great opportunity to get some Christmas shopping done, and maybe even drop a hint to the adults in your life.

Also in this newsletter, is our SAVE THE DATE for 4-H Summer Camp 2023! The theme is TIME WARP, and we are going to be throwing it back through the decades. So clear those schedules for the week of July 10-13 (we are camping 4 days and 3 nights this year) and be ready for a BLAST from the PAST!

Lastly, we are filling up fast on Country Ham Projects! Get your name quickly. I would love to see a full ham house this year. Cloverbuds, 4-H'ers, and adults are all invited to participate. We will be getting the contracts out soon. I can't wait to complete this project alongside you all this year and see it ALL the way through.

I want to wish you a very MERRY CHRISTMAS and a HAPPY NEW YEAR! You all are the reason I love this job and I will make sure Santa has you all on his NICE list!

Ashley A. Vice



Ashley Vice
County Extension Agent for FCS/4H
University of Kentucky
368 East Main Street
Carlisle, KY 40311
859-473-1452
ashley.vice@uky.edu



Tentative dates for Project Days are below. Please watch our Facebook for registration. These projects will make awesome entries in the Nicholas County Fair!

NOVEMBER: BASKET MAKING- RESCHEDULED TO 1/23/23

December: Baking Up a Storm 12/15

January: Country Ham 1/16

February: Lamp Making 2/8

March: Photography 3/13

April: Earth Day Recycled Projects 4/20

May: Leather Stamping 5/11



UK Cooperative Extension Service

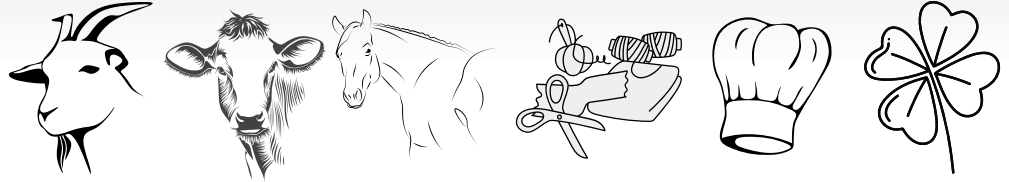
Nicholas County



University of Kentucky
College of Agriculture,
Food and Environment

4-H

CLUB NEWS



COOKING CLUB

Beginning 4-H Cooking Club

The next meeting will be December 15th afterschool at the Livestock Barn. This will be for members 9-11. and will be our Baking Project Day.

Advanced Cooking Club

Meeting December 15th from 5-6:30 p.m. at the Livestock Barn. Please let us know if you plan to attend by scanning the QR code below so we can have a count on supplies needed.

Rescheduled to JANUARY 23rd. Call the office to register! This basket could be your ticket to the 2023 Kentucky State Fair



Basket Weaving Project Class

for 4-H youth and adults interested in the art of basket weaving



~~November 21st~~ at 3:30 p.m. at the Extension Office
Please register by using the link above or calling our office!
(859) 289-2312

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

4-H Cooking Club

Register Now!

Beginniny Cooking
Ages 9-11
December 15th - afterschool until 4:30 p.m.

Advanced Cooking
Ages 12-18
December 15th - 5p.m.-6:30 p.m.



NICHOLAS COUNTY 4-H Horse Club

We are looking for a leader!
If you would like to be the volunteer for this club please reach out to our office@

LIVESTOCK CLUB

Livestock Club will be meeting every Tuesday night at 6 p.m. at the Livestock Barn unless you are told otherwise.

Beginning with Skill-a-thon, then progressing to judging. We are working to create more opportunities for judging practice at our local farms and will begin that in January.

To raise funds for the club, we will be hosting a Vendor Fair during Shop Small Saturday on November 26 at the Old Armory Gym. We would like to see kids volunteering during the event in shifts to spread the work load out.



SEWING CLUB

Nicholas County 4-H Sewing Club met in November and began working on their service project of sewing beds for NCAWS shelter pets. During our December meetings we will be finishing those up with padding and coordinating with the Shelter to donate those.

Sewing Club A will meet on December 12 and Sewing Club B will meet on December 14th. See you there!



Next MEETING:

December 13
afterschool til 4:30.

Snack and activity
materials will be
provided.



HAPPY
Holidays

Scanning this code will allow you to complete your enrollment online for the 2022-23 4-H year.



Please let us know if you are interested in becoming a 4-H Leader or Volunteer.



Christmas Vendor Fair

DURING SHOP SMALL SATURDAY, THE NICHOLAS COUNTY 4-H LIVESTOCK CLUB WILL BE HOSTING A VENDOR FAIR TO RAISE MONEY FOR THEIR CLUB. IF YOU WOULD LIKE TO SET UP, PLEASE CONTACT THE EXTENSION OFFICE AT (859) 289-2312 OR SIGN UP AT THE LINK ABOVE.

this weekend

WHEN: November 26th from 10p.m.-4 p.m.
WHERE: Nicholas County Old Armory Gym
368 East Main Street Carlisle, KY

let's shop local!

**26TH
SATURDAY
NOVEMBER
2022**



4-H Summer Camp TIME WARP '23 SAVE THE DATES: JULY 10TH-13TH



ANDERSON

BOURBON

NICHOLAS

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

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4-H Country Ham Project



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

Sign up now to get
your name on the
list! Space is
limited!!!

To register:

- Call the Nicholas County Extension Office at (859) 289-2312 to be put on the list to have the contract mailed to you or pick one up at the office at 368 East Main Street.

Requirements:

- Complete the contract and payment for \$60 (this fee includes two hams and all necessary supplies)
- Cure the hams
- Participate in 6 educational hours about the ham curing process as provided
- Give a 3-5 minute speech at the Kentucky State Fair on the required topic: My Experience in the Kentucky 4-H Country Ham Project

Adult Country Ham Project:

- Adults interested in the Country Ham project will receive one ham (\$40) and participate in the curing process. For the adult contract, please call the Extension Office.

For more information contact Ashley Vice at (859) 289-2312 or ashley.vice@uky.edu



Call our office at (859) 289-2312 or scan this QR code to register!



Nicholas County Extension

AG AND NATURAL RESOURCES NEWSLETTER

DECEMBER 2022



Soil sample early this year



Soil tests are the only way to ensure your ground has the nutrients it needs for the upcoming growing season, and with the current high input costs, it could help you save money. We are encouraging producers to submit these samples to us as early as possible this year to ensure your results are back before you need to make your first spring application. The University of Kentucky is down a soil testing lab due to the Dec.10 tornado that destroyed the Research and Education Center in Princeton. UK's Lexington Soil Testing Laboratory will be analyzing all samples until further notice. As March is expected to be extremely busy, earlier submission of samples to the lab is highly encouraged.

Depending on what you plan to produce, you will need to take different kinds of soil samples. Production agriculture fields, lawns, gardens, fruit trees and ornamentals all have unique fertility and soil pH requirements. Collect at least 10 soil cores in small areas. Larger fields may need at least 20 soil cores. Soil samples will also have different depths depending on the tillage system you use. Samples from tilled areas, gardens, ornamentals and fruit trees, should be taken at least 6 to 8 inches deep. Collect soil samples about 4 inches deep in no-till fields and home lawns.

Extension agents can help you collect the proper samples and may even have sample bags and soil probes that you can use. Submit soil samples to UK through your local extension office. Agents will send the samples to UK for testing and can help you interpret the results. More information on soil samples is available at the Nicholas County office of the UK Cooperative Extension Service.

Upcoming Events
November 26– 4–H
Livestock Vendor Fair

December 3rd– A Carlisle
Christmas, Pancake
Breakfast, and annual
parade

January 3–4 Kentucky
Fruit and Vegetable
Conference

February 9 Kentucky Crop
Conference



Think ahead to meet winter hay needs

Hay availability in Kentucky may be short this winter because of multiple, compounded issues. The variability of yield, quality and number of cuttings indicate the hay supply could get tight. It is important to protect the hay crop you have and use it wisely—that smart conservation and planning will help make hay last longer through the winter.

Due to weather events—droughts and floods—both hay quality and yield are down. To ensure an adequate amount of hay, farmers should enact several measures. Store hay inside a barn, where it will remain dry. Remember to store hay in barns that have access in all types of weather. If that is not feasible, cover with a tarp to protect from the elements. Buy hay by the ton if possible and require certified stamped weight.

Testing is the first step to knowing how much will be necessary to meet the nutritional needs of the animals they feed, from horses to cattle to goats. Hay is tested primarily for crude protein, acid detergent fiber, neutral detergent fiber, total digestible nutrients and relative feed value. Get your hay tested by the Kentucky Department of Agriculture to determine if you need to buy additional hay. For more information, refer to University of Kentucky Cooperative Extension Service publication “Interpreting Forage Quality Reports,” at <http://www2.ca.uky.edu/agc/pubs/id/id101/id101.pdf>. Farmers typically feed hay from mid-December until mid-March, approximately 110 days, though that will vary due to weather, pasture conditions and the needs of different animals. To reduce waste, you should get hay, whether round or square bales, off the ground, either by using pallets, feeders or hay carts. Doing this will help you reduce wasted hay by almost half. If that is not possible, feed in long rows so hay is immediately consumed, rather than leaving a round bale out for animals to pick at over time. They will consume the center of the round bale, which has remained dry and protected, first, and that judicious eating will greatly increase waste.

To determine hay needs:

- Calculate the number of days animals will need feed.
- Weigh a random sample of bales using scales at feed mills or truck stops so you know the average weight of your bales.
- With the results of a hay test, calculate how many pounds each animal will need daily.
- Determine the total amount of hay the herd will require over the winter.

Forward planning and good management practices will help ensure an adequate hay supply during the winter. Because hay is a commodity, with a price that relies on supply and demand, it is unlikely that prices decrease in the coming winter months. So, if you do not have enough, you should buy it now, before more buyers move into the market. A tight supply, plus possible hay purchases from bordering states, may possibly elevate what are already high prices. Straw is also likely to be expensive. For more information, review University of Kentucky Cooperative Extension Service publication “Quality Hay Production,” <http://www.ca.uky.edu/agc/pubs/agr/agr62/agr62.pdf>, or contact the Nicholas Cooperative Extension Service.





Beginning November 8, the University of Kentucky College of Agriculture, Food and Environment will host a series of five webinars covering field crop protection featuring UK Extension Specialists discussing weed science, plant pathology and entomology.

The Tuesday morning webinars will take place via Zoom at 10:00 a.m. EST, and preregistration is required for each webinar.

Details and links for preregistration are as follows:

- Nov. 8 - Weed Control Lessons Learned From the 2022 Crop Season with J.D. Green, weed scientist
- https://zoom.us/webinar/register/WN_4JOvXYvR76AZXp_tSmBwg
- Nov. 15 - Managing Important Soilborne Diseases of Soybean in Kentucky with Carl Bradley, plant pathologist
- https://zoom.us/webinar/register/WN_t6D6toO8Shz2BhvoD3iw1HQ
- Nov. 22 - Implementing Defensive Shifts Against Problematic Kentucky Weeds with Travis Lealator, entomologist
- https://zoom.us/webinar/register/WN_OnugWPJQUvNBXDf4io9zg
- Dec. 6 - Corn Disease Management Questions Asked in 2022 with Kiersten A. Wise, plant pathologist
- https://zoom.us/webinar/register/WN_KwibLTsHOY6oJiKzURCEQ
- Dec. 13 - Entomological Studies in Corn and Soybeans Under Difficult Circumstances (Covid-19, Tornado and Drought) in 2022 with Raul Villanueva, entomologist
- https://zoom.us/webinar/register/WN_3KvWBMYKOYKnxzW1K-A0-g

Participants may receive one hour per webinar in continuing education units for Certified Crop Advisers. Pesticide applicators can receive one specific continuing education unit in categories A and 10 per webinar. Pesticide applicators will receive December webinar credits in January 2023 that will not count toward the 2022 certification deadline. Category 12 no longer requires certification testing or CEUs.

For more information, questions or help with registration, contact Jason Travis, UK agricultural extension associate, at 859-562-2569 or email jason.travis@uky.edu.

Registration is necessary. To do so, please send an email to dbullock@uky.edu with Beef Webinar in the subject line and your name and county in the message. You will receive the direct link with a password the morning of each meeting. This invitation will directly link you to the site and you will be asked for the password which can be found just below the link.

Each session will be recorded and posted for later viewing. All meeting times are 8:00pm ET/7:00pm CT.

October 11, 2022

Shooting the Bull: Answering all your Beef Related Questions! – Updates and Roundtable discussion with UK Specialists

November 8, 2022

From Hay Sample to Feed Bunk: Winter Feeding Considerations for Cattle – Katie Mason, Assistant Professor, University of Tennessee

December 13, 2022

Packer and Consumer Trends with Some Holiday Beef Ideas – Gregg Rentfrow, Extension Professor, University of Kentucky and Alison Smith, Kentucky Beef Council Retail and Feedservice

For additional information, contact the Nicholas County Extension Office (russ.muntifering@uky.edu, or 859-289-2312).

Ways to improve hay quality

If you raise livestock, you know it is very important to feed your animals nutritious hay to keep them healthy. You can take many practical steps to improve your hay quality.

You must first get and maintain a good forage stand. Making sure your soil has adequate nutrients is key to getting good stands. A soil test is important, because it will let you know the nutrient levels in the soil, so you only apply what is needed.

Your extension agent can help you learn how to effectively test your soil and can submit your samples to one of UK's soil testing laboratories. Agents can also help you understand the results.

Soil tests with adequate levels of phosphorus and nitrogen but low levels of potassium are becoming common across Kentucky hay fields. Inadequate potassium can increase the amount of broomsedge, a very undesirable forage. There may be a couple of reasons for low potassium levels. When you cut hay, potash is removed at nearly three times the amount that phosphorus is, and the soil is not able to replenish this nutrient to sufficient levels on its own. Repeatedly using only 'balanced' fertilizers like triple-19 (19-19-19) will deplete potassium in hayfields. In tight financial times, producers may skip potash applications to save money.

Controlling weeds at the right time and using the right herbicide will help you improve hay quality. With many weeds, like buttercup, by the time you see the blooms, they are much harder to control. University of Kentucky has an extension publication, AGR-207: Broadleaf Weeds of Kentucky, that contains common pasture weeds, when to treat each and which herbicide you can use for effective control. This publication is available online at <http://www2.ca.uky.edu/agcomm/pubs/AGR/AGR207/AGR207.pdf>. I'm including those in this newsletter as well.



The stage of maturity when you cut your hay is the most important factor affecting quality. You must harvest at the right time, when the plant is switching from a vegetative to a reproductive (flowering) stage. Many times, this means cutting the hay earlier than normal. Of course, the challenge of cutting hay in the spring in Kentucky is our wet weather. However, we often get a string of days with good sun and dry weather in late April and early May. Being ready to cut early when the weather allows is extremely helpful.

Continue reading on the next page

Using legumes, especially the tall ones like red clover and alfalfa, provide high yields and will add nitrogen to the soil over time. They are higher in protein and energy than grasses and continue to yield well in the summer when many of our cool-season grasses are suffering from the heat. Research shows that red clover, in particular, is good at minimizing the adverse effects animals get from consuming too much toxic endophyte-infected tall fescue.

Tedding and raking hay are integral parts of harvesting. But if you ted or rake the hay when it is too dry, it can lead to leaf shatter. This hurts hay quality, because the high-quality nutrients are concentrated in the leaf.

Making good hay means baling at the right moisture content and protecting hay from the weather. Proper moisture at baling will prevent heating and molding of stored hay. Covered storage structures are best for hay storage. If you don't have covered storage space, breaking the contact between the bale and the ground is important, since most moisture enters the hay from soil contact. You can prevent moisture absorption by using materials, such as old tires and/or crushed rock, to elevate the hay off the ground.

You can also wrap your hay in plastic, which will provide some protection from the rain. Hay should be as dry as possible before covering in plastic and should be fed out in the year it was made.

After you have done a good job harvesting hay, remember to feed it efficiently to minimize losses. There are many methods of feeding hay, but the best ensure that there is minimal waste. Livestock tend to eat high quality hay quickly, which also lowers waste.

More information on producing quality forages is available by contacting the Nicholas County office of the UK Cooperative Extension Service.



Broadleaf Weeds of Kentucky Pastures

J.D. Green, Plant and Soil Sciences



Spiny Amaranth



Buttercup



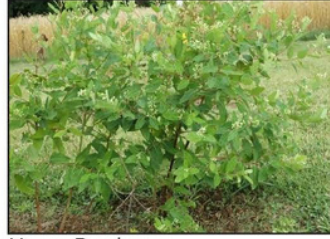
Cocklebur



Horsenettle



Tall Ironweed



Hemp Dogbane



Poison Hemlock



Marshelder



Common Milkweed



Jimsonweed



Sericea Lespedeza



Maypop Passionflower



Buckhorn Plantain



Perilla Mint



Multiflora Rose



Trumpet creeper



Canada Thistle



Common Ragweed



Lanceleaf Ragweed



Wild Carrot



Bull Thistle



Musk Thistle



Curly Dock



Chicory

Response of Pasture Weeds to Herbicides and Mowing

Weed Species	Life Cycle ¹	Preferred Time for Herbicide Treatment ²	2,4-D (various products)	dicamba (Clarity, etc.)	dicamba+ 2,4-D (Weedmaster etc.)	Crossbow	PastureGard	DuraCor	GrazonNext	Chaparral ³	metsulfuron ³ (MSM60, Patriot, etc.)	Sharpen	MOWING ⁴
Amaranth, Spiny (Pigweed)	A	May-July	F/G	F/G	G	G	F/G	G	G	G	G	-	X
Aster spp. (White Heath Aster)	A	July-Sept	F/G	G	G	G	-	-	-	-	F	P	R
Burdock, Common	B	Feb-Mar	G	F	G	G	G	G	G	G	F	P	R
Buttercup spp.	A	Feb-Mar	G	F/G	G	G	F	G	G	G	G	P/F	X
Carrot, Wild (Queen Anne's Lace)	B	May-June	F/G	F/G	F/G	F/G	F	G	G	G	G	P	R
Chickweed, Common	A	Nov or Feb-Mar	P	F/G	G	F	G	G	G	G	G	P/F	X
Chicory	P	Feb-Mar or Aug-Nov	F/G	F/G	G	G	G	G	G	G	F/G	P	R
Clover, White	P	May-Aug	F	G	G	G	G	G	G	G	G	P	X
Cocklebur, Common	A	May-July	G	G	G	G	G	G	G	G	G	G	R
Dandelion	P	Oct-Nov or Mar-Apr	G	G	G	G	F/G	G	G	G	G	P	X
Deadnettle, Purple	A	Feb-Mar	P	F/G	G	F	G	G	G	G	G	-	X
Dock, Curly or Broadleaf	P	Feb-Apr	P/F	F	F/G	G	F/G	G	G	G	G	P	X
Dogbane, Hemp	P	May-Aug	P/F	F	F	G	G	P/F	P/F	P/F	P	P	S
Garlic, Wild	P	Nov or Mar-Apr	F	F	F	F	P	F	F	F/G	G	P	X
Goldenrod spp.	P	June-Aug	F	F/G	F/G	G	F	F	F/G	F/G	P	P	S
Hemlock, Poison	B	Nov or Mar-Apr	F/G	F/G	F/G	F/G	P	F/G	F/G	-	F	P	R
Henbit	A	Feb-Mar	P	F/G	G	F	F/G	G	G	G	G	-	X
Horsenettle	P	July-Aug	P	P/F	F	F	P/F	G	G	F/G	F	P	X
Ironweed, Tall	P	June-Aug	P	F	F	G	G	G	G	G	P	P	S
Jimsonweed	A	May-July	F	G	G	G	-	G	G	G	-	-	R
Lespedeza, Sericea	P	June-July	P	P/F	P/F	G	G	P/F	P/F	F/G	F/G	P	X
Marshelder (Sumpweed)	A	May-July	F/G	F/G	G	G	F	G	G	G	F	-	R
Milkweed, Common	P	July-Sept	P	F	P/F	F	P/F	P/F	P/F	P/F	P	P	S
Mint, Perilla	A	May-July	F	F	F/G	G	F/G	G	G	G	-	-	S
Multiflora Rose	P	Apr-June or Sept	P	P	F	G	G	F	F	F/G	G	P	X
Passionflower, Maypop	P	May-July	P	P	P	P/F	F	P	P	P	-	P	X
Plantain, Broadleaf or Buckhorn	P	Oct-Nov or Mar-Apr	F/G	F	F/G	G	F	G	F/G	F/G	F/G	P	X
Pokeweed, Common	P	May-July	F	F/G	F/G	F/G	P	F/G	F/G	F	P	P	S
Ragweed, Common	A	May-July	F/G	G	G	G	G	G	G	G	P	G	R
Ragweed, Lanceleaf	A	May-July	F/G	G	G	G	-	G	G	-	P	-	R
Sida, Arrowleaf	A	May-July	P	P	P	-	-	F	F	F	-	-	R
Sneezeweed, Bitter	A	May-July	F/G	F/G	G	G	G	G	G	G	G	-	R
Sorrel, Red (Sheep Sorrel)	P	Sept-Nov or Mar	P	F	F/G	F/G	F	-	-	F/G	F/G	P	X
Spurge, Nodding	A	June-July	P	P	P	P/F	-	P/F	P/F	G	G	-	R
Thistle, Bull	B	Oct-Nov or Feb-Mar	G	G	G	G	F/G	G	G	G	F/G	P	R
Thistle, Canada	P	Prebud or Oct-Nov	P	P/F	F	F	P/F	G	G	G	F	P	S
Thistle, Musk	B	Oct-Nov or Feb-Mar	G	G	G	G	F/G	G	G	G	F/G	P	R
Thistle, Plumeless	B	Oct-Nov or Feb-Mar	G	G	G	G	F/G	G	G	G	F/G	P	R
Tickclover (Desmodium spp.)	P	June-Aug	P	-	F	F/G	F/G	F/G	F/G	-	-	P	R
Trumpetcreeper	P	Aug-Sept	P	P	P/F	F	F	P	P	-	P	P	X

Control: **G** = Good or Excellent; **F** = Fair (suppression or partial control); **P** = Poor; - = No Information

¹ Life Cycle: **A** = Annuals; **P** = Perennials; **B** = Biennials

² The preferred time for herbicide treatment will depend on environmental conditions and other factors.

³ May cause temporary yellowing, stunting and seedhead suppression of tall fescue (consult label). Metsulfuron is an active ingredient in several products (e.g. Chaparral, MSM60, Patriot, Purestand).

⁴ Mowing: **R** = Timely mowing reduces top growth and seed production; **S** = Suppression of top growth; **X** = Not very effective

Note: This table should be used only as a guide for comparing the relative effectiveness of herbicides to a particular weed. The herbicide may perform better or worse than indicated in the table depending on the species, weed size, time of application, and/or extreme weather conditions. Consult herbicide label for weed height or growth stage and product amount. Read and follow all label directions and precautions before herbicide application.

Adapted from *Weed Management in Grass Pastures, Hayfields, and Other Farmstead Sites* (AGR-172; revised 3-2021). Available at <http://ww2.ca.uky.edu/agcomm/pubs/agr/agr172/agr172.pdf>.

Listing of pesticide products implies no endorsement by the University of Kentucky or its representatives. Criticism of products not listed is neither implied nor intended.

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Join us for

A Carlisle Christmas

December 3rd- 7 a.m.- 6 p.m.

Neal Building
108 W Main Street~ Carlisle, KY

7 a.m.- 10 a.m.- Pancake Breakfast on the main floor hosted by the Nicholas County Homemakers

10 a.m. - ? Cedar Valley Bluegrass will be playing Christmas Music

Come visit Santa Claus- follow for updates on his schedule!

More than 15 vendors all in one location to help you finish your shopping list!

Nicholas County Homemakers

Pancake Breakfast

December 3rd
7 a.m.-10 a.m.

A Carlisle Christmas Vendor Fair upstairs

Neal Building
108 W Main Street~ Carlisle, KY

Pancakes, Sausage, and Drink
Adults: \$7
Children: \$5



Nicholas County Community BLOOD DRIVE

Monday, December 12
1-6 p.m.

Carlisle Extension Office
Gym
368 Main Street
Carlisle, KY 40311



All donors will receive a KBC T-shirt (while supplies last).



Scan this QR code to make an appointment:

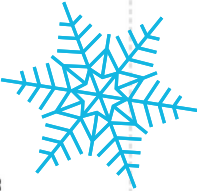


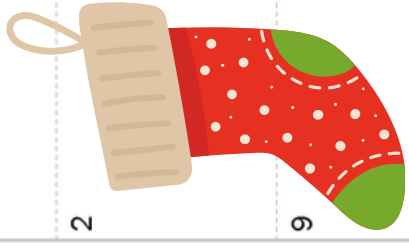

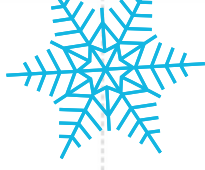

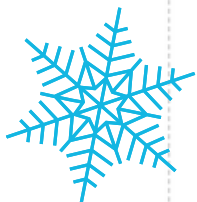



kybloodcenter.org 800.775.2522 Please bring photo ID

Appointments preferred. Walk-ins welcome. Live details subject to change. Please check kybloodcenter.org prior to donating. Donors with appointments will be notified of changes.



December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 4 National Cookie Day	28 	29 Livestock Club	30 4-H Cooking Club Day	1 	2 	NOV 26 – Livestock Club Vendor Fair at Office/Gym area 3 A Carlisle Christmas Homemaker Pancake Breakfast Christmas Parade
11 	5 12 4-H Sewing Club A Blood Drive 1-6 p.m.	6 Livestock Club 13 Cloverbuds after-school -4:30 Livestock Club	7 Pearl Harbor Remembrance Day 14 4-H Sewing Club B	8 15 Cooking Club/Baking Project Day	9 16 National Ugly Sweater Day 4-H Teen Club	10 17 
18 25 Christmas Day	19 	20 21 Winter Solstice	28 National Call a Friend Day	22 	23 	24 Christmas Eve 31 New Year's Eve



Broccoli Chowder

2 tablespoons canola oil	3 cups broccoli florets	all-purpose flour
½ cup chopped onion	½ teaspoon dried Italian seasoning	3½ cups low sodium chicken broth
3 cloves garlic, finely minced	½ teaspoon salt	½ cup half-and-half
½ cup chopped carrots	¼ teaspoon pepper	½ cup low-fat, shredded cheese
2 cups diced, unpeeled red potatoes	3 tablespoons	

In a large heavy pot, **heat** the oil over medium heat. **Add** the onion and garlic and **sauté** 2-3 minutes. **Add** the carrots, red potatoes and broccoli one at a time; **sauté** each about 2 minutes. **Add** the Italian seasoning, salt, pepper and flour and **toss** until vegetables are coated. **Cook** 1-2 minutes. **Add** the chicken broth and bring to a boil. **Reduce** heat to low, **cover** pot and **simmer** for 15

minutes. **Remove** lid and **stir** in the half-and-half. Bring back to a **simmer** and **remove** from heat. **Ladle** into bowls and top with cheese to serve.

Yield: 8,1cup servings

Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Merry Christmas and Happy New Year!

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



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Return Service Requested