

NICHOLAS COUNTY 4-H NEWSLETTER



"To Make the Best Better"

March 2023

Spring is getting closer, which means we are closer to my favorite season...SUMMER! You have probably caught on to our advertising and how we are working on building the anticipation for 4-H Summer Camp on our Social Media. March 1st at 7 p.m. we will begin accepting online registrations, with the first paper applications being accepted in person. We are trying some new methods this year, so please be patient with us. One being online payments, and the other being online registration. In the age of Smart Phones, we are using the option for everyone to register on their phones to get their spot, then you have 5 days to get the paper form in. If you have any summer camp questions, don't hesitate to call me.

Also, in this newsletter we are calling all youth interested in joining 4-H Shooting Sports. Our sign-up night will be March 20th at 6 p.m.. Whether you are interested in Trap or Archery, or even both, we welcome everyone out that night to get signed up. Sign-ups will be at the Livestock Barn and our leaders and myself will be there to get all of your questions answered about which discipline your child would like to participate in.

Lastly, it is my goal that no child who wants to go to summer camp can go and isn't held back due to financial reasons. If you would like to donate to our Camp Scholarship fund, no matter the amount, please reach out.



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



Ashley H. 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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.



Disabilities accommodated

Project DAYS

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- 11/21

December: Baking Up a Storm 12/15

January: Country Ham 1/16

February: Lamp Making 2/8

March: Photography 3/13- REGISTER BELOW

April: Earth Day Recycled Projects 4/20

May: Leather Stamping 5/11



PHOTOGRAPHY
4-H Project Day

Come learn about your camera/cell phone and the fair entries you could enter with just a click of a button.

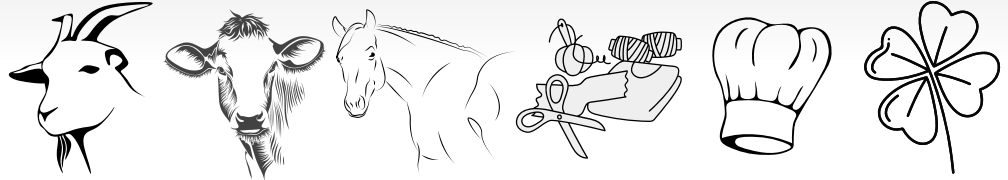
Monday March 13th Afterschool til 4:30	368 East Main Street Carlisle, KY
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4-H

CLUB NEWS



COOKING CLUB

Beginning 4-H Cooking Club

February meeting will be on March 16th at the livestock barn afterschool til 4:30 p.m.

Advanced Cooking Club

February meeting will be on March 21st at the Livestock Barn afterschool til 4:30 p.m

BLUE JACKET BULLETS

The Bluejacket Bullets will be gearing up for the 2023 season soon! Mark your calendars for our SIGN-UP Night on March 20th!



2023 SIGN-UPS: March 20th at 6 p.m.
Nicholas County Livestock Barn

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

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LEXINGTON, KY 40546

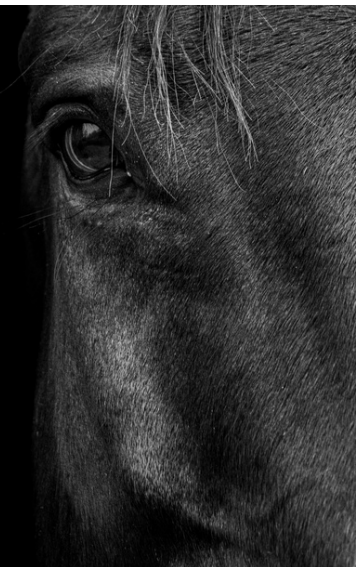


Disabilities accommodated with prior notification



Do More, Be More.

HORSE CLUB LEADERS
HAVE BEEN FOUND!
PLEASE
STAY TUNED FOR HORSE
CLUB MEETINGS AND
INFORMATION!



CONGRATS!!!



Congratulations to our Nicholas County 4-H Livestock kids who competed at the state level competition in Bowling Green. Our Junior Team placed 8th overall and the two Senior teams placed 12th and 14th overall in the state. Way to go kids!



4-H Summer Camp TIME WAAP '23

SAVE THE DATES: JULY 10TH-13TH



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4-H Sewing Club

March Meetings:

Option 1: March 20th afterschool-5 p.m.

Option 2: March 22 afterschool-5 p.m.



CLOVERBUDS

NEXT MEETING: March 23rd afterschool until 4:30 p.m. for ages 5-8

at Nicholas County Elementary Cafeteria

Child must have their GREEN form on file to attend!

Call (859) 289-2312 if you have questions

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Go Green!

Save Our Planet by Using Less Paper

Scan the QR Code below or call the office to get your 4-H Newsletter via email rather than mail.





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



4-H SUMMIT

MIDDLE SCHOOL LEADERSHIP CONFERENCE

MARCH 16-18

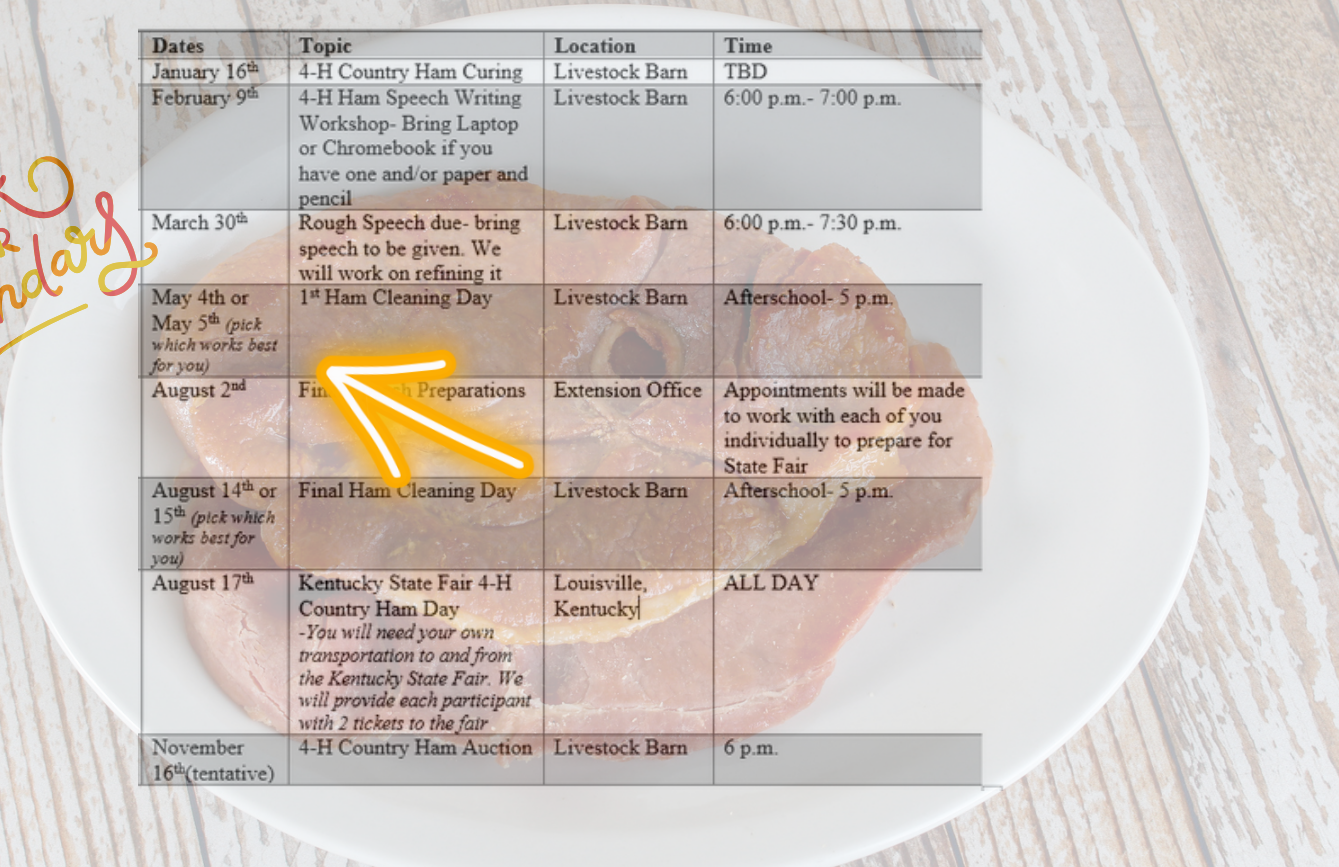
MEET MIDDLE SCHOOLERS FROM ACROSS THE STATE! CHOOSE WORKSHOPS OF INTEREST TO YOU, PARTICIPATE IN A COMMUNITY SERVICE PROJECT AND MUCH MORE!

Call the office if you are interested!

COUNTRY HAM PROJECT

Mark
YOUR
Calendar

Dates	Topic	Location	Time
January 16 th	4-H Country Ham Curing	Livestock Barn	TBD
February 9 th	4-H Ham Speech Writing Workshop- Bring Laptop or Chromebook if you have one and/or paper and pencil	Livestock Barn	6:00 p.m.- 7:00 p.m.
March 30 th	Rough Speech due- bring speech to be given. We will work on refining it	Livestock Barn	6:00 p.m.- 7:30 p.m.
May 4 th or May 5 th (pick which works best for you)	1 st Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 2 nd	Final Ham Preparations	Extension Office	Appointments will be made to work with each of you individually to prepare for State Fair
August 14 th or 15 th (pick which works best for you)	Final Ham Cleaning Day	Livestock Barn	Afterschool- 5 p.m.
August 17 th	Kentucky State Fair 4-H Country Ham Day <i>-You will need your own transportation to and from the Kentucky State Fair. We will provide each participant with 2 tickets to the fair</i>	Louisville, Kentucky	ALL DAY
November 16 th (tentative)	4-H Country Ham Auction	Livestock Barn	6 p.m.





Hello everyone, my name is Shelby Cleaver. I've lived in Nicholas County my whole life. I grew up on the family farm where we raise cattle, tobacco, hay and grain. FFA and 4-H were a big part in my life growing up and going through school, in high school I was a part of the FFA officer team my junior and senior year along with competing at state and regional competitions for a variety of different subjects. I also showed livestock during my 4-H and FFA days, in 4-H I showed lambs and had various entries in the county fair and state fair. Once I got older and started FFA, I started showing cattle but continued to have entries in the county and state fairs. I'm a graduate from Morehead State University where I have an Agricultural Business degree and will be attending University of Kentucky to finish up with my obtaining my Masters. I'm so excited to be able to work in a county that I grew up in and hopefully give back so much to the community. I'm happy to answer any questions you might have, though I might not have all the answers for you I will try my best to figure it out and get back with you on it!

**SOIL TESTING
IF YOU HAVEN'T ALREADY
STARTED ITS THAT TIME OF YEAR
TO GET YOU SOIL SAMPLES FOR
THE 2023 GROWING SEASON.**



**COUNTRY
SIDE
INDUSTRIES
DEAD ANIMAL
REMOVAL
859-421-1867**

**WE WANT YOUR
FEEDBACK**



We want your input! Scan this QR Code and let us know what Agriculture/Natural Resources programming you would like to see offered in our county.

Upcoming Events

- KY Beef Expo March 3rd-5th
- March 9th Turf Professional Training. Estill Co. Extension Office @ 8:30am
- March 10th Plant orders need to be in and paid at 3PM in the office or they wont be ordered!
- March 29- Drone Sprayer Workshop Fayette Co. Extension
- April 13th Fencing school Richmond KY (registration deadline 2weeks prior)

UK Cooperative Extension Service

Nicholas County



University of Kentucky
College of Agriculture,
Food and Environment

Tractor Maintenance

Tractor maintenance tends to fall by the wayside when you get busy. Don't put these tasks off until spring and summer. Performing a simple front-to-back routine every week can help you remember key maintenance points. The manufacturer will have suggested intervals for most of the maintenance tasks, so you won't have to do everything every week. But the routine will prompt you to ask if it is time to do specific tasks.

Be ready for the growing season before it starts with these 10 routine maintenance tasks.

1. Inspect the front axles and steering. Is it time to grease the bearings and steering components? Make sure nothing is loose.
2. Check the coolant system. Make sure the coolant levels are adequate. Ensure the radiator is not plugged up with debris.
3. Look at those belts. Check to see they have the right tension and that they are not cracked. This will prompt you to have a spare on hand.
4. The air filter is next. Make sure it is not clogged and robbing power from your engine by not allowing air to get through.
5. Check engine oil. You should check this daily, but if you haven't, a good time to do it is during your weekly inspection. Also, check the fluid itself to ensure it doesn't have any contaminants or water in it.
6. Pay attention to the battery. If your battery is not a maintenance-free battery, check the liquid levels. Examine the cables for corrosion and make sure they aren't rubbing against the frame components.
7. Check clutch and brake linkages. With everyday use, you may not notice linkage getting out of adjustment. Specifically check for free play and other linkage adjustments.
8. Look at the hydraulic reservoir. Make sure the fluid is at the correct level and change the fluid when needed. The system provides fluids for remote cylinders, and it the critical lubricating force in your tractor's transmission.
9. Test those tires Make sure they are properly inflated.
10. Check the back of the tractor. Is it clean? Make sure the hydraulic hose connections are clean to keep dirt out of the system.

These simple procedures can extend the life of your tractors and protect your critical investment. For more information on equipment maintenance, contact the (COUNTY NAME) Cooperative Extension Service. Educational programs of the Cooperative Extension Service 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



This program is designed for producers and agricultural professionals to learn the newest fencing methods and sound fencing construction through a combination of classroom and hands-on learning

WHEN: April 11-Scottsville, KY
 April 13-Richmond, KY
WHERE: Allen County Extension Office
 200 E Main St
 Scottsville, KY 42164
 SMK Agricultural Venue
 401 Brookstown Rd
 Richmond, KY 40475



COST: \$35/participant -- includes notebook, refreshments, safety glasses, hearing protection, and catered lunch

Registration DEADLINE: 2 weeks prior to workshop

ONLINE Registration with Credit Card:

Scottsville, KY https://2023_Scottsville_KY_Fencing_School.eventbrite.com

Richmond, KY https://2023_Richmond_KY_Fencing_School.eventbrite.com



College of Agriculture,
Food and Environment

Organized by the Biosystems and Ag. Engineering, and the Kentucky Agriculture Training School (KATS)

2023 Drone Sprayer Workshop

This program is designed for agricultural professionals and producers to learn the newest way to dispense chemicals with drone sprayers and will be a combination of classroom and hands-on learning

Two dates and locations

March 27 8:15-3:30 (sign in begins at 7:30)
 Caldwell County Cooperative Extension Office
 1025 US 62W
 Princeton, KY 42445

<https://ukdronesprayerprinceton2023.eventbrite.com>



March 29 8:15-3:30 (sign in begins at 7:30)
 Fayette County Cooperative Extension Office
 1140 Harry Sykes Way
 Lexington, KY 40504

<https://ukdronesprayerlexington2023.eventbrite.com>

Registrations are limited and will close on March 22, 2023
\$105 fee includes workshop materials, refreshments and lunch

If you have questions please contact:
 Josh Jackson (joshjackson@uky.edu 859-218-4339) or
 Lori Rogers (lori.rogers@uky.edu 270-625-2143 ext 21317)

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College of Agriculture,
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- 2023 Drone Sprayer Workshop Agenda**
- 7:30 Registration and Refreshments
 - 8:15 Welcome and Overview of the Day
 - 8:30 **Sprayer Drone Cost** – Josh Jackson/Karlo Ladinio, UK
 - Decision aid for cost analysis
 - Sizing (Over 55 lb or under 55 lb)
 - Cost per acre and cost per hour
 - 9:15 **UK Pesticide Safety Education Program (PSEP)** – Ric Bessin, UK
 - Overview & updates
 - Certified commercial / non-com. & private applicator
 - Category 11 aerial applicator
 - 9:45 **Break-Visit with Sponsors and Presenters**
 - 10:15 **Federal Rules and Regulations** – Clint Quarles, KDA
 - FAA Part 107 & Part 137
 - Exemptions & waivers
 - Under 55 lbs vs Over 55 lbs
 - State laws
 - 11:00 **Fungicide Application in Corn** – Dr. Kristen Wise, UK
 - Results of drone sprayer application
 - Nozzles Selection & Droplet Size – Tim Stombough, UK
 - Spray patterns and uniformity
 - 12:15 **Lunch-Visit with Sponsors and Presenters**
 - 1:00 **Outdoor Flights** – Caleb Carter, Aero Ag, LLC
 - Mission planning
 - Maintenance
 - Challenges
- Approx. 3:30 Questions, Survey and Wrap-up



Garden Pests

Many Kentucky gardeners grow tomatoes, peppers, eggplant and potatoes for their own use or for sale in local farmer's markets. Pests are sometimes challenging to identify and even more challenging to manage.

The University of Kentucky College of Agriculture, Food and Environment advocates for a sustainable approach to managing pests by combining biological, cultural, physical and chemical tools in a way that minimizes economic, health and environmental risks. A key part of that is to continually scout and monitor your garden to identify problems before they result in a significant loss.

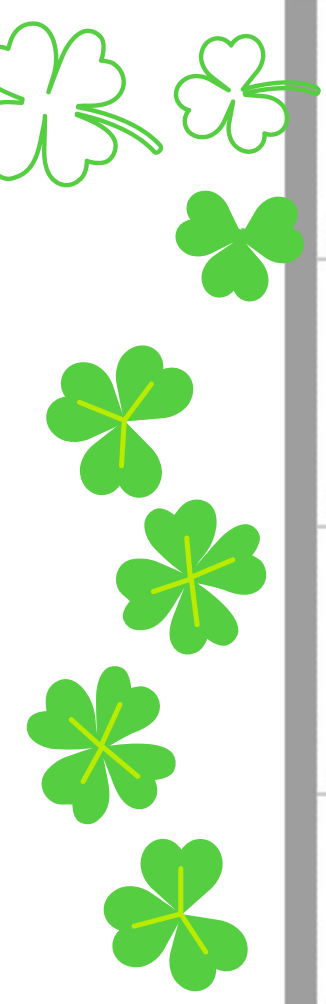
The UK Cooperative Extension publication ID172–An IPM Scouting Guide for Common Pests of Solanaceous Crops in Kentucky–may help you identify common pests. The publication has a variety of photographs that show exactly what to look for in your crop. Some of the items the publication covers include:

1. Physiological and nutrient disorders such as vivipary, gold fleck, catfacing, zippering, sunscald, blossom end rot, blotchy ripening, yellow shoulder, white core.
2. Insect pests such as aphids, leafminer, greenhouse whitefly, silverleaf whitefly, tobacco flea beetle, potato flea beetle, margined blister beetle, stink bugs, leaf-footed bugs, western flower thrips, two-spotted spider mite, Colorado potato beetle, tobacco hornworm, pepper maggot, beet armyworm, yellow-striped armyworm, tomato fruitworm, European corn borer.
3. Tomato, pepper, eggplant and potato diseases and management.
4. Herbicide injury.

To view the publication, visit <http://www2.ca.uky.edu/agc/pubs/id/id172/id172.pdf>



March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Beef Expo	6 	7 Livestock Club Farm and Family Night- MCTC in Maysville	1 Camp Applica- tions Released	2 Food Preservation Drying Class GAP training in Gar- rard County	3 Beef Expo	4 Beef Expo
12	13	14 Livestock Club	8	9 Turf Professional Training	10 PLANT ORDERS DUE	11 MSU hosting Bluegrass Beekeep- ing School
19	20 4-H Shooting Sports Sign-ups @6 Sewing Club A	21 Cooking Club - Advanced Livestock Club	15	16 Cooking Club Beginners	17	18 
			22 Sewing Club B	23 Cloverbuds	24	25
26 	27	28	29 Environmental Camp for 4th Grade NCES Drone Workshop	30 Environmental Camp for 4th Grade NCES	31 	



Baked Broccoli Frittata

1 cup broccoli florets
½ cup tomato, diced
 1 small red bell pepper, sliced
2 green onions, sliced into 1 inch pieces

1 tablespoon olive oil
6 whole eggs
¼ cup Dijon mustard
2 tablespoons water
¼ cup 2% milk
¼ teaspoon salt

¼ teaspoon black pepper
½ teaspoon Italian seasoning
1 cup low fat mozzarella cheese, divided

Preheat oven to 375 degrees F. **Place** broccoli florets, diced tomato, bell pepper and green onions in a 9 x 13 inch baking dish. **Spoon** olive oil evenly over vegetables. **Roast** the vegetables in the oven until crisp-tender, approximately 10 minutes. In a bowl, **combine** eggs, Dijon mustard, water, milk, salt, black pepper and Italian seasoning. **Whisk** mixture until frothy. **Stir** in ¾ cup of shredded low fat mozzarella cheese. **Pour** the egg

mixture over the roasted vegetables. **Stir** gently with a fork to combine. **Sprinkle** the remaining ¼ cup of mozzarella cheese over the top. **Return** to oven and **bake** 20-25 minutes or until set and cheese is browned on top. **Serve** immediately.

Yield: 8 servings.

Nutritional Analysis: 130 calories, 8 g fat, 3 g saturated fat, 170 mg cholesterol, 400 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g sugar, 9 g protein.



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

