

# Elliott County Cooperative Extension 2023 Summer/Fall Newsletter

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## Upcoming Events:

### Kentucky State Fair

Aug. 17-27, 2023

### Cooking Through the Calendar

Aug. 17th, Sept. 21st, Oct. 19th, Nov. 16th, Dec. 14th

### Farmer's Market

Tuesday & Friday 8am- Sell Out (Season Ends Oct 31st)

### 4-H Livestock Show/Sale

Aug. 31, 2023 Show- 3:30pm Sale- 6:00pm

### 4-H State Shoot

September 9, 2023

### Master Logger's Program

November 14-16, 2023

## Cooperative Extension Service

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

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disability  
accommodated  
with prior notification





In loving memory of James K. Rice....

Jimmy Rice served as an extension volunteer for 21 years as a 4-H shooting sports coach, member of the 4-H council, Ag council, Ag development council, and Extension District Board. He was incredibly dedicated to the program and always wanted to do what was best for the kids. He taught countless youth the joy and safety of using firearms. Our thoughts and prayers are with his family. He is truly irreplaceable.





# ELLIOTT COUNTY AGRICULTURE AND NATURAL RESOURCES

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## Lavender Farm

In June of last year, Jeremiah and Cindy Littleton contacted the Ext. office about their plan to grow lavender on their recently purchased farm here in Elliott Co. This was not a crop I was familiar with, but they had done their research and were very knowledgeable on the product, so I was excited to get to tag along on their attempt to grow and harvest a successful lavender crop.

The Littleton's worked hard and were rewarded with an awesome lavender crop, which they harvested this July! We are always excited to see agricultural diversity in our area and especially in our county! A huge thanks to the Littleton's for letting me be a part of your lavender growing journey. It has been very interesting, I have learned a lot, and we welcome you to Elliott County!

## Farmers Market

Farmers Market is off and running. We have been having 3 to 5 vendors and plenty of shoppers each Tuesday and Friday.

After having a redemption rate of 93% in 2022 the Senior Farmers Market Nutrition Program in Elliott Co. was able to get almost \$5,000 more funds to help the make fresh fruits and vegetables more available to the seniors in our area. Elliott County Extension Office distributed 300 Solimarket cards with \$50.00 on each card with total distributions adding up to \$15,000!



## Office Garden

The Elliott Co. Extension Office raised a garden for the local nursing home residence to ensure they had access to fresh produce during their stay. The garden included tomatoes, peppers, green beans, cucumbers, squash, and zucchini. We were informed the residents really enjoyed the fresh veggies to eat and some residents enjoyed helping break and string the green beans as they did in years past when they were able to raise their own vegetable gardens. A big thank you to Crayston Hale and Taylor Whitley for helping with the office garden the last couple of years!



## Kids Bucks

The Elliott County Kentucky Farm Bureau gave a generous donation to fund our Farmers Market Kids Bucks program. The youth in our area have had a fun and educational time visiting the market to participate in our kids bucks activities. By participating in the Kids bucks program the kids not only learn about healthy eating habits and the importance of exercise but also get the opportunity to earn \$5 - \$10 in "Kids Bucks vouchers" that they can spend at the market on their favorite fruits and vegetables. Thank you, Elliott County Kentucky Farm Bureau, for sponsoring this great program for our youth!





# Family and Consumer Science

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## Country Hams

This year we had a record number of adults from the county cure country hams. We have 4-Hers and adults that participate annually. This project starts in January when we get the "green hams" (meaning fresh uncured hams) to the office and put the salt cure on them. Then they hang in the ham house until May when everyone comes back to clean their ham and they continue to hang until August. When the hams are picked up in August they can be eaten then or saved for a special holiday meal. If you are interested in this program we take sign-ups in December!

We want to congratulate Dawn Holland who cured a country ham and entered it into the Kentucky State Fair where she got 2nd place in her division! Way to go Dawn!



## Cooking Through The Calendar

Cooking Through The Calendar is a monthly program we do at the extension office where we demonstrate how to make recipes from the NEP calendar and give out samples to try. We have enjoyed the recipes so far and are looking forward tasting the upcoming recipes!



## Farmers Market

On the first day of the kids bucks program at the farmers market Morgan and Jacob collaborated to teach kids about MyPlate, healthy habits, and how to make the Tropical Wallycat Smoothie on our smoothie bike! Kids that participated in the activity got 5 kids bucks to spend at the farmers market.

When some of our producers had an abundance of tomatoes Morgan made a Bacon and Tomato Dip for patrons of the farmers market to try to encourage them to buy more tomatoes! Thank you to producers Tonya and Taylor for donating the tomatoes for the delicious recipe.





# Family and Consumer Science

Try this recipe!

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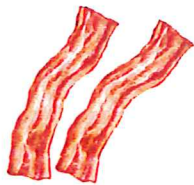
## Bacon and Tomato Dip

- |  |  |
|--|--|
| <b>1 cup</b> fat free sour cream                     | <b>4 slices</b> bacon, cooked crisp and crumbled |
| <b>1 cup</b> low fat mayonnaise                      | <b>1 teaspoon</b> garlic powder                  |
| <b>2 large</b> tomatoes, diced, reserve excess juice |  |



- 1. Combine** all ingredients. **Yield:** 16, 2 tablespoon servings.
- 2. Add** reserved tomato juice until dip reaches desired consistency. **Nutrition Analysis:** 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.
- 3. Serve** with fresh vegetables or reduced fat crackers.

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



## Kentucky Tomatoes

**SEASON:** July through October

**NUTRITION FACTS:** Tomatoes are rich in nutrients that promote good health, including fiber and vitamins C and A. A medium tomato contains about 25 calories, 20 mg sodium, and is a good source of potassium.

**SELECTION:** Choose firm, well-shaped tomatoes that are fragrant and rich in color. Tomatoes should be free from blemishes, heavy for their size, and give slightly to pressure. Three to four medium tomatoes weigh about 1 pound. One pound of tomatoes yields about 2 1/2 cups of chopped tomatoes.

**STORAGE:** Store ripe tomatoes at room temperature and use them within three days. Keep out of direct sunlight. Place green tomatoes in a paper bag to ripen.

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

**PREPARATION:** Wash fresh tomatoes in cool running water.

**To peel:** Place tomatoes in boiling water for about 30 seconds, then transfer to cold water. Skins will slip off.

**To seed:** Scrape seeds away from the flesh with a pointed utensil. Avoid puncturing the skin.

**To slice:** Slice lengthwise to retain juice. A serrated knife works best.

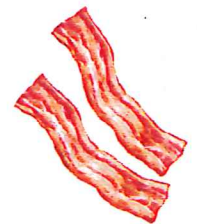
### TOMATOES

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Nutrition  
and Food Science students

May 2011

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COOPERATIVE  
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# ELLIOTT COUNTY 4-H

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## Teen Conference

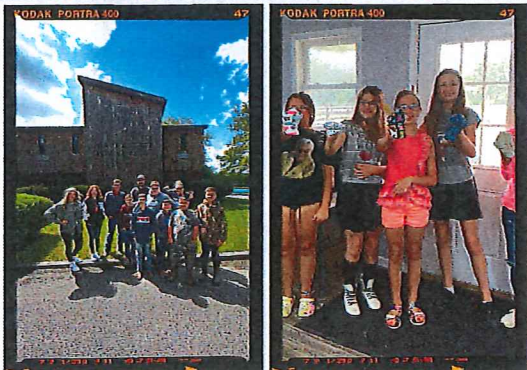
This year we had 3 4-Hers attend Teen Conference at UK's campus in June. Each 4-Her got to experience college life by picking a major where they attended classes to learn about their chosen subject. Each 4-Her also participated in a leadership minor and did a community service project. We had so much fun and can't wait for Teen Conference 2024!

## 4-H Camp

This year we had 35 people attend 4-H camp from Elliott County! It was a super fun week filled with sally down the ally, party bingo, canoeing, high and low ropes, fishing, messy games, slip and slides, and more! A huge THANK YOU to everyone in our community who generously donated so we could have camp scholarships and make it more affordable for the kids.

## 4-H Conservation Club

4-H Conservation Club started after our 4-Hers success at forestry contests last year! The club has been able to learn about maple syrup production from local producer Dail Howard, hang up invasive species traps at the Laurel Gorge and around the county, visit the fish hatchery in Morehead, build bird houses, and more! We are looking forward to having our kids compete in Win With Wood and Forestry Field Day at Carter Caves again this year!



## 4-H Shooting Sports

4-H Shooting Sports has had a great year so far! We hosted our Elliott County Shooting Sports Invitational the first weekend in June and had over 100 4-Hers participate from several counties. A huge thank you to our county volunteers, parents, and coaches from other counties that pitched in to help! Now our 4-Hers are gearing up for the State Shoot on September 9th and 10th.

## 4-H Bee Club

We would like to highlight 4-Her and bee club member Claire Whitley who became a beekeeper after her experience with 4-H Bee Club! Her bees have been hard at work this some and even made enough honey for her family to get a taste. We are proud of you Claire!

## 4-H Sewing Club

4-H Sewing Club started earlier this year and has been going wonderfully! Our FCS council donated money to buy sewing machines to be used for youth and adults that take classes at our office. We have an amazing sewing club volunteer, Liz Turner, who has been able to instruct the kids in making several different projects like a pillow case, chapstick holder, zipper pouch, oven mitt, bowl cozies, and more!



# ELLIOTT COUNTY

## 4-H

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### 4-H Livestock

Our 4-H Livestock Club has had a great year and wrapped up the year on August 31st with the show and sale. Each 4-Her had to get 6 education hours to be able to show at the county level and at the state fair. Our club went on some fun educational trips to tour the Morehead State University farm and a dairy goat farm in Morehead.

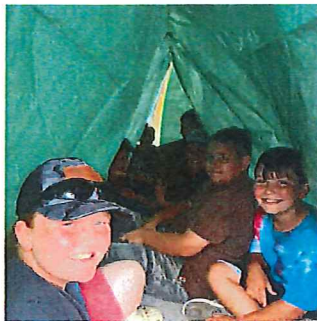
Highschool 4-Hers and FFA participants also got to tour the UK college of agriculture and meat lab.



**Area 4-H Tractor Driving Contest**  
Elliott county 4-H participated in the area 4-H tractor driving contest for the first time in July at 606 Sale and Events in Fleming County! We had 8 participants that competed in tractor and lawn mower driving. 2 of them qualified to compete at the state fair! We are excited to practice and compete again next year!

### 4-H Outdoor Survival Day Camp

Survival Day Camp was a huge success!! Thank you to everyone who participated and volunteered to make this possible. The rain tried to stop us but we were unstoppable. The youth got to participate in shelter building, compass & pacing, making survival keychains, safety & first aid, experience a drown flying around using thermal imaging, and we completed the night with a campfire roasting hotdogs and s'mores! I couldn't have chose a better internship project. This event was a wonderful summer event for Elliott County. Thank you all for making my internship project unforgettable!



### Kentucky State Fair

All the entries mentioned to the left were entered into the Kentucky State Fair! We had 3 4-Hers compete in the 4-H country ham contest at the state fair (Abigail Roseberry, Claire Whitley, and Connor Holland) and 2 4-hers that qualified to compete in the tractor and lawn mower driving contest at the state fair (Jaxon Salyers for Tractor and Crayston Hale for Lawn Mower). Congratulations to Jaxon Salyers for placing 3rd at the state fair at the 4-H Tractor Driving Contest!

### Rally day

This year, Elliott County 4-H had a rally day where 4-Hers could enter county fair entries like vegetables, canned goods, etc! Here are the results:

Abigail Roseberry: Class champion and blue ribbon for her canned green beans and resumé

Crayston Hale: Class champion and blue ribbon for his sweet corn

Taylor Whitley: Class champion and blue ribbon for his field corn, squash, and potatoes



Congratulations to Jackson Kidd for getting Supreme Champion Cow Calf Pair and his other successes at the State Fair.



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Lexington, KY 40506



Disabilities accommodated with prior notification.

Contact your local Extension Office for a paper copy of the survey.