

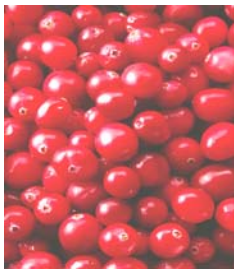


OLDHAM COUNTY EXTENSION

November - December 2010

Cooperative Extension Service
Oldham County
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www.ca.uky.edu/oldham

Family & Consumer Sciences



Best Buys for Your Budget

November: Cranberries, Turkey, Squash, Turnips

December: Frozen Orange Juice, Potatoes, Tangerines

Tip: Stay active in winter. Shopping malls and stores are good places to walk in winter months.

Extreme Holiday Recipe Makeover

Come learn how to enjoy the great taste of Holiday food without the guilt and weigh gain. Menu for the evening will include tasting: Holiday Cucumber Cups, Apple Salad with Almonds & Figs, Zesty Broccoli Casserole, Butternut Squash Risotto, Spiced Cranberry Sauce, and Pumpkin Pie Cake. Class will be held at the Oldham County Extension Office on Thursday, November 4, at 6:30 PM. Reservations are required. Extension Homemaker members may take the class for free. Call 222-9453 to reserve your seat now.

Celebrate Veterans Day with a Veteran

On November 11, Extension Homemakers will honor Veterans at Friendship Manor at 10:00 AM and at Richwood Oaks at 2:00 PM. We need Homemakers and friends to assist with a flag service and sing patriotic songs. Contact Nancy Dahlgren at 222-7899 for more details.

Save Your Pull Tabs

Oldham County Homemakers are saving pull tabs for Ronald McDonald House Charities. Contact Rae Anne Roley at 241-7162 for a collection house & more details.

**Extension Homemakers Dues are due to the
Extension Office by November 1!**



Piggy Bank Pageant

Round up the kids and grandkids to participate in the Piggy Bank Design Contest and win a \$25.00 Gift Card. This contest will promote the new "AMERICA SAVES" Program. Contact the Extension Office or check out our website for the guidelines. Entries for the Piggy Bank Pageant are due in the Oldham County Extension Office on Monday, December 6. Winners will advance to the District and the State competition in January and February.



Holiday Showcase

Don't miss the 2010 Oldham County Homemaker Holiday Showcase on November 15. The festivities will begin at 10:00 AM and will be repeated at 7:00 PM. Activities include making a scrappy picture frame and an embroidered holiday star card, learning to decorate and care for holiday greens, tasting Holiday dips, and more. Call the extension office to reserve your seat by November 10. This is a free event!

Spicy Steps to Health & Wealth

Make those New Year resolutions a reality by having fun while improving your health and finances. This year's Small Steps program will feature Latin-influenced dance (Zumba) and cuisine. Join us on Tuesday evenings at 6:00 PM in January. Sign up today! Class fee is \$20, Homemaker members are free.

FCS Calendar of Events

November

- 4 Extreme Recipe Holiday Makeover, 6:30 PM
- 11 Veterans' Day Celebrations, 10 AM & 2 PM
- 15 Holiday Showcase, 10 AM & 7 PM
- 20 Angel Food Distribution, 8 AM, LaGrange Presbyterian Church
- 25 Thanksgiving (Office Closed)
- 26 Thanksgiving (Office Closed)

December

- 7 Louisville Area Homemaker Council, 9:30 AM, Bullitt Co. Extension Office
- 24 – 31 Office Closed for Winter Break

Christine L. Duncan

Christine L. Duncan
Extension Agent for Family & Consumer Sciences

Cultural Arts Competition



Just around corner is the Oldham County Extension Homemaker Cultural Arts Competition and Show at the Arts Center in Crestwood. Be sure to save your best craft projects for February 7-17. All Rules and categories are in the Oldham County Homemaker Handbook and on the KEHA website in the Homemaker Manual. Please contact the Extension Office if you have any questions.

A delegation of twenty Oldham County Homemakers attended the 87th Annual Area Meeting at Henry County High School in New Castle. Many thanks go to each member who attended.

Agriculture & Natural Resources

Small Fruit Production Seminar

Growing berries has become increasingly popular in the last few years. We will be presenting a class on growing blackberries, raspberries and blueberries at 6:30 PM, Tuesday, November 9th at our office. This class will cover recommendations for Kentucky production and plant management. All gardeners are welcome! Please call to register 222-9453.

Things to do in the Garden

There are many gardening activities that can be done as the weather changes.

- Plant some pansies. The fall flowers will brighten landscapes and can start early in spring.
- Establishing a new flower bed in the fall, removing grass and weeds, cultivating and mulching will make spring planting quicker and easier.
- There is still time to plant spring flowering bulbs (tulips, daffodils and hyacinths).
- It is time to bring house plants that have been on the patio or deck into the house. Temperatures of 45 degrees or less could damage some tropical plants. Inspect your plants for insect pests and spray to prevent them from coming into the house. Scale insects can be wiped off sometimes if the number is low. A heavily infested plant should be discarded. The change of lighting conditions from outside to inside will often cause leaves to yellow and drop. This is normal as the plant adjusts to reduced light. The amount of water and fertilizer required by the plant is less; allow the soil surface to dry before watering again. Overwatering can cause root disease problems.
- Are your plants too large to bring into the house? Stem cuttings can be rooted and potted inside over the winter months to be used next spring. Coleus and begonias make good house plants.
- Tender summer flowering bulbs should be lifted, cleaned and stored in cool, dry location.
- Mowing leaves, mulching them into your lawn is a better alternative to raking, bagging and hauling away. The chopped up leaves will add organic matter and nutrients to the soil. If you have too many leaves for your lawn to handle compost them over the winter and use them in your gardens next spring.

News from the Field – Soybean Pests

I would like to thank Tom Deibel, Kevin Dick and Kevin Jeffries for hosting pest scouting plots and trapping on their farms this season. Over the summer, soybeans were scouted for Asian Soybean Rust. None was found in Kentucky fields this year, but researchers and producers continue monitoring for this potentially threatening disease. Many states participate in this scouting program.

Insect trapping and sweeps were conducted in July & August, looking for potential new insect pests in soybeans – western corn rootworm (variant), red banded stink bug and the brown marmorated stink bug. These pests are being looked for because their feeding can lower soybean yields. University researchers are identifying, counting and documenting insects trapped or caught with sweep nets in locations across the state.

The brown marmorated stink bug is also of interest to homeowners because it can be an accidental home invader, much like the Asian lady beetle. I'm told that it is even fouler smelling than our common stink bugs. If you find stinkbugs in your home, please bring them to the office for species identification.

Feeding Hay

Do you know what's in your hay? The only way to determine nutrient content for sure is to test hay. Come by our office for info or check online at <http://ces.ca.uky.edu/oldham/Pasture/Hay>. A hay test tells you several important things. Here are some hay quality terms you should be familiar with:



Dry Matter Basis (DM): Because moisture content varies by sample, dry matter figures are used to compare forages and calculate rations.

Relative Feed Value (RFV): This is a number used to compare forages on an energy basis. For comparison purposes, an RFV of 100 was assigned to mature, full-bloom alfalfa. So, we would expect the RFV of alfalfa cut before bloom to have a higher RFV. As another example, hay with an RFV of 75 means that it has 75% of the energy found in mature alfalfa.

Total Digestible Nutrients (TDN): This is the percent digestible material in the hay.

Crude Protein (CP): This is the sum of true protein and non-protein nitrogen. Both CP and TDN are important. Pay attention to these and compare to animals' nutrient needs.

Neutral Detergent Fiber (NDF): Measure of the amount of structural/cell wall material in the hay. Low NDF translates to higher animal intake.

What's typical? For fescue and orchard grass cut when vegetative (before it produces seed heads), CP is 12-16%, TDN is 61-66% and NDF is 50-56%. For alfalfa cut at early flower stage, CP runs 18-22%, TDN runs 61-64% and NDF is 42-50%. These figures reflect CP & TDN of hay cut and stored properly. Remember that hay that's rained on after cutting or stored outside without wraps will have lower quality – sometimes much lower. See online: <http://www.ca.uky.edu/agc/pubs/agr/agr62/agr62.pdf>

Does your hay match your animals' nutritional needs? Nutritional needs vary by animal class. Lactating animals have higher nutrient needs than dry animals, for example. Look at Figure 2 in this publication for nutritional needs for Cattle: <http://www.ca.uky.edu/agc/pubs/id/id101/id101.pdf>. Horse nutrition info can be found at: <http://www.uky.edu/Ag/AnimalSciences/pubs/asc114.pdf>. Sheep and Goat nutrition info can be found at: <http://www.aces.edu/pubs/docs/A/ANR-0812/>.

If you have poor or lower quality hay... Remember that animals' hay intake usually decreases when they are fed lower quality forages. So you cannot count on feeding more of it to meet their nutritional needs. When hay quality will not meet animal needs, supplemental feed is necessary.

ANR Calendar of Events

Nov	2	Raising Poultry – Processing & Marketing , 6 PM, Extension Office
	4	Cattle Genetic Indexes and Marker Assisted Selection , 6 PM, Henry Co. Extension Office
	6-19	North American International Livestock Exhibition & Rodeo http://www.livestockexpo.org/
	8	Green Thumbs Garden Club , 10 AM, Sisters in Buckner
	9	Small Fruit Production , 6:30 PM, Extension Office
	12	Beekeepers Association , 7:30 PM, Extension Office
	17	Master Gardener Association , 6 PM, Extension Office
Dec	2	Market Ready Producer Sales Training , 222-9453 for details
	9	Private Pesticide Applicator Certification , 9 AM, Extension Office
	10	Beekeepers Association , 7:30 PM, Extension Office
	13	Green Thumbs Garden Club , 9:30 AM, Extension Office

Wishing the best to you and your families at this special time of year!

Traci Missun
Extension Agent for Agriculture & Natural Resources

Michael Boice
Extension Horticulture Assistant

4-H Youth Development



4-H Awards Night

Ballardsville High Riders and Art in Action 4-H clubs invite you to the Annual 4-H Awards Banquet celebrating the International World of the Horse. The 4-H Awards Night will be held on Tuesday, November 23, at 6:30 PM at the John Black Community Center. All members are invited. Reservations and payments are due to the Extension Office by November 15. We are awaiting the final confirmation for a very special guest speaker. Watch your e-mail for the exciting announcement!!!

State Shooting Sports Event

The State 4-H Shooting Sports event was held September 18, at Bluegrass Sportsman's Club in Wilmore and on September 19, at Kentucky Wildlife Management Center in Berea. The 4-H Shooting Sports program promotes shooting safety and expertise. In addition, the program builds teamwork through the development of youth and adult partnerships. Congratulations to the following 4-H members who placed during the two day event:

Kyle Bednarski placed 10th in Division 1 Shotgun
Dalton Harjes placed 8th in Sport Rifle
Michael Kimbell placed 6th in Division 1 Shotgun and 9th in Archery
David McRoberts placed 3rd in Sport Rifle and 8th in BP Pistol
Chris Ochsner placed 9th in Sport Rifle
Stephanie Vander Zouwen placed 4th in 22 Pistol
Daniel Young placed 1st in Sport Rifle



New 4-H Clubs in Oldham County

Candy's Clovers 4-H Club

There is a new 4-H club in town; this is a great opportunity to get involved in 4-H. The club will be open to anyone between the ages of 6-18. Club members will explore a variety of topics. Photography, woodworking, foods, knitting, and sewing are just a few of the projects planned for this club. Contact Candy Ailstock at 802-9758 or candyailstock@yahoo.com

North Star Riders Horse Club

The "North Star Riders 4-H Club" serves kids in Oldham County that love horses and want to enhance their horse skills, meet new friends, and build character. The North Star focus is the development of young horse lovers in all aspects of horse knowledge, care, and management...and our goal is to have a lot of fun doing it!!! Our club activities include monthly meetings, clinics, community service, and trail rides. Currently, our club members range in age from 10 to 17 years old. The Oldham County 4-H Horse Program offers an excellent opportunity for young people to learn and develop and we invite you to come join 4-H. Contact Rob and Ann Guinn 502-396-2215.

Out of County Participation Policy

Don't forget Out of County Participation forms are now due to the Extension office. It is assumed that a young person is a member of 4-H in the county of residence or county where the young person attends school. To compete as part of any other county's 4-H program, a transfer of membership must be clearly established through a request by the member, approval by the agents and councils involved and appropriate documentation.

There are two situations in which exceptions to this general policy may be considered:

1. If a program or project in which the 4-H'er is interested is **not** available in the county of residence or in the county where the 4-H'er goes to school.
2. If family situations exist that make it very unlikely that a young person can be involved locally.

4-H Club members that participate in the Out of County program must fill out a new form each year if they want to continue to participate in the out of county program.

Light Up LaGrange

Light Up LaGrange will be held Friday, December 4. 4-H leaders and members have been invited to volunteer with the carriage rides from 5:30-9:30 PM. Two-hour shifts are available. What a great opportunity to work toward your 4-H Honors Award and to get in the spirit of the season. If your club is interested in participating, please contact the extension office.



Santa's Workshop

If you are a 4-H member who wants to make some great gifts for your friends and family, you do not want to miss out on Santa's Workshop on Monday, December 20, from 1 to 4 PM. What a fun way to kick off your holiday break! Call the office for more details.

4-H Calendar of Events

November:

- 1 Sewing Workshop
- 3 EOMS 4-H Club
- 6 CES/4-H Tractor Supply Day
- 9 Art in Action & Ballardsville Practice Session
- 10 Early Release Day Workshops
- 11 Candy's Clovers 4-H Club
- 15 Busy 4-Her's Club
- 16 4-H Shooting Sports Club
- 23 Awards Dinner

December:

- 1 EOMS 4-H Club
- 14 4-H Shooting Sports Club
- 20 Santa's Workshop
- 20 Busy 4-Her's Club
- 24-31 Office Closed for Holidays

Mark Your Calendar for Upcoming 4-H Events

- | | |
|----------------------------|------------------------|
| <i>District Horse Show</i> | <i>June 3-5, 2011</i> |
| <i>Summer 4-H Camp</i> | <i>June 7-10, 2011</i> |
| <i>Horse Contest</i> | <i>June 9-10, 2011</i> |
| <i>State Horse Show</i> | <i>July 2-11, 2011</i> |

Kelly Woods

Kelly Woods
Agent for 4-H Youth Development

EXTENSION LEADER OF THE YEAR – NOMINATIONS BEING ACCEPTED

The Extension Leader of the Year Award recognizes one volunteer leader for his/ her outstanding service and commitment to the Oldham County Cooperative Extension Service. Please think about leaders you know in your clubs and councils, and consider nominating someone today. This award will be presented at the Fiscal Court Appreciation Breakfast in February 2011. Deadline for nominations is January 15. Previous winners include Kathy Hockersmith (2010), Peggy Townsend (2009), and Pat DeChurch (2007).

Based on the following criteria, nominate the person you feel is worthy of recognition for contributions to the Oldham County Cooperative Extension Service.

- Demonstrates outstanding leadership qualities and a positive attitude
- Dedicates numerous service hours on behalf of Oldham County Extension
- Serves in a way that some aspect of Extension would suffer without his/ her service

~Return form to Oldham County CES, 1815 North Highway 393, La Grange, KY 40031~

Name of Nominee: _____

Program Areas involved in (ANR, 4-H, and/ or FCS): _____

Club Name (if applicable): _____

Nominated by: _____

List the nominee's leadership roles and community service activities.

Describe the nominee's contributions to the Oldham County Cooperative Extension Service, including the significance and impact of these contributions.

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Cooperative Extension Service
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Oldham County
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