

OLDHAM COUNTY EXTENSION

May - June 2011

Cooperative Extension Service
Oldham County
1815 North Hwy 393
LaGrange, KY 40031-8632
(502) 222-9453 Fax: (502) 222-7930
Email: cesoldha@uky.edu
www.ca.uky.edu/oldham

Family & Consumer Sciences

KEHA State Meeting

Oldham County Extension Homemakers will join hundreds of Homemakers from every Kentucky county in Bowling Green to celebrate accomplishments, share ideas and educational experiences, beginning May 9th. We are proud to have the following Homemakers represent Oldham County and the Louisville Area in the State Cultural Arts Competition:

| | |
|------------------|---|
| Paticia Honaker | Doll/ Toy Making, Cloth |
| Emily Barbush | Felting, Wet Method |
| Betty Doggendorf | Holiday Decorations, Winter |
| Beth Neidhardt | Needlepoint, Cloth Canvas |
| Cindy Droste | Painting, Art, Oil |
| Peggy Townsend | Quilts, Machine Pieced, Machine Quilted |
| Diane Weis | Rug Making |

If you were unable to attend the 2011 State Meeting, make plans now to attend next year's meeting, May 14 – 17, in Lexington.

“Homemaker Round Up”

The 2011 Oldham County Extension Homemaker Annual Day and Luncheon will be Thursday, May 26. “Homemaker Round Up” is the theme so boots and hats are welcomed. Come and meet Homemakers from all over Oldham County. Entertainment for the day will be by Stahl and Helm. Paid reservations, \$15, are due at the Extension Office by Tuesday, May 17. Registration will begin at 9:00 AM.





Volunteers Needed for the 4-H Heritage Skills Classes

Sewing Workshops: Mondays, May 9, 16 & 23 from 3:30 PM to 5:30 PM

Project Days: Cross-stitch, June 21, 9:30 AM – 11:30 AM
Quilting, June 23, 9:30 AM - Noon

Volunteers are needed to assist students. Instructors will have complete directions, supplies and equipment. One-time commitments are welcomed.

Best Buys for Your Budget

May: Asparagus, Eggs, and Bananas
June: Chicken, Strawberries, and Dairy Products

Tip: Limit use of convenience foods. They cost more, and are likely to be higher in sodium and other additives.

Asian Asparagus Salad

1 lb fresh asparagus
1 1/2 T low sodium soy sauce
2 t sugar or artificial sweetener

1 T olive oil
2 t sesame seeds

Snap off and discard the root ends of the asparagus. Wash remaining stalks thoroughly. Slice stalks into 1 1/2 inch lengths on the diagonal. Blanch asparagus for 1-3 minutes in, until bright green in color. Cool immediately under cold water and drain. Combine soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl and mix until sugar is dissolved. In a gallon bag, add asparagus and dressing. Turn bag to coat asparagus and chill in the refrigerator for 15 minutes. Turn bag again and chill for an additional 15 minutes before serving.

Canning 101

Learn safe methods of preserving produce from your garden or the Farmers Market. Class will be at the Extension office on Thursday, June 2, at 9:30 AM. Free for Homemaker members. \$10 for non-members.

Shopping the Farmers' Market and Cooking with Local Food

Come watch cooking demonstrations and sample local products at the LaGrange Community Center on Saturday, June 11 at 10:00 AM.

Cultural Diversity in Food

This unique foods class, sponsored by the LaGrange Public Library and presented by Chris Duncan, will explore how American cooking has become a melting pot of diverse cuisines using herbs and spices from all over the world. Class size is limited. Reservations may be made by calling Bethany Morse at 222-9713.



Plan now to attend the Louisville Area Annual Meeting on Thursday, October 6, at the Sawyer Hayes Community Center. Cost is \$16. More details will be available in coming weeks.



The Saturday Quiltmakers are celebrating ten years as a Homemaker Club. Visit the celebration meeting at the Extension Office on May 14, at noon, to celebrate with them!



Homemaker Club reports are due June 30.

May is Water Awareness Month

Come on, Kentucky—Georgia and Alabama are leaving us in the dust! Yes, it’s just a friendly competition, but we need all the help we can get to prove Kentucky cares about the environment. Help the Commonwealth win the water conservation challenge by participating. Here’s how you can save 40 gallons of water a day for your county and Kentucky: [pledge now](#).

Across the southern United States individuals are taking the *40 Gallon Challenge*. The *40 Gallon Challenge* is a regional campaign that challenges residents to conserve at least 40 gallons of water per day. Currently, Kentucky only has two pledges, on par with Virginia and Mississippi, and well below some of the high-pledging states. You can look at each state’s pledges by rolling your cursor over the interactive map at <http://www.40gallonchallenge.org>. Georgia has a whopping 307 pledges at this writing!

On average Kentuckians use anywhere from 100 to 150 gallons of water per person, per day. To eliminate any excuses, here are some of the no-cost water saving suggestions you can start doing today:

- ◆ Run the dishwasher only when full (saves 2 gallons),
- ◆ Turn off water between rinsing dishes or brushing teeth (saves 5 and 8 gallons),
- ◆ Shorten showers and/or fill bathtub only half-full (saves 5 and 18 gallons),
- ◆ Do not use the toilet as a garbage can (saves 2 gallons),
- ◆ Reduce laundry by one load a week; wash full loads only (saves 5 gallons),
- ◆ Start a compost pile for food waste (saves 4 gallons),
- ◆ Capture water in a rain barrel for irrigation (saves 5 gallons),
- ◆ Sweep walks and driveways rather than spraying with hose (saves 22 gallons),
- ◆ Limit and reduce lawn and garden irrigation (can save 20-80 gallons),
- ◆ Mulch two to three inches around trees and plants (saves 25 gallons).

Taking the *40 Gallon Challenge* is as simple as filling out the Pledge Card, either online at <http://www.40gallonchallenge.org> or at your local Extension office. *Source: Ashley Osborne, Extension Associate*

FCS Calendar of Events

May

- 4 “Money Wisdom,” Tri County Senior Center
- 9 -12 KEHA State Meeting – Bowling Green
- 9 4-H Sewing
- 14 Saturday Quilters 10th Year Celebration
- 16 4-H Sewing
- 17 Reservations due for OC Annual Day
- 23 4H Sewing
- 26 Oldham County Annual Day
- 30 Memorial Day (Office Closed)

June

- 1 Food Safety for Seniors
- 3 Canning 101
- 11 Cooking with Local Food
- 16 Cultural Diversity of Food
- 21 4-H Cross-stitch class
- 4-H Cornbread muffin class
- 23 4-H Quilting class
- 27-30 Kids’ Cooking Camp

Christine L. Duncan

Christine L. Duncan
Extension Agent for Family & Consumer Sciences

Agriculture & Natural Resources

Maturity Determines Hay Quality

Stage of maturity when hay is cut is the single most important factor in determining hay quality. The ideal maturity stage is before grasses form seed heads and before legumes start blooming. After seed heads or flowers are fully formed, crude protein content decreases by up to one-half. Energy also decreases, and indigestible materials increase.

Cutting at the right stage is often difficult when other farm work and rain keeps you out of the hay field. But if you need high quality hay for your animals or to sell, it's definitely worth the effort.

After maturity, there are several other factors that can affect quality. Rain can cause leaf and nutrient loss when cut hay is on the ground curing. Sunlight can potentially lower quality, too. Raking or tedding when hay is too dry will cause leaf loss, which translates to lower quality. Conditioning hay (crushing stems) at time of mowing can help stems dry down at a rate similar to leaves and help save more leaves in the bale.

Finally, poor storage also negatively affects hay quality. If you get all the other steps just right but store hay outside and uncovered, then the end result can still be low quality hay. See these references for more information: <http://www.ca.uky.edu/agc/pubs/agr/agr62/agr62.pdf> and <http://www.ca.uky.edu/agc/pubs/agr/agr171/agr171.pdf>.

GAP Training & Sampling Certification May 10th

Good Agriculture Practices or GAP is a best practices approach to minimize microbial contamination of produce as it moves through the supply chain from farm to fork. GAP training and Sampling Certification will be offered at the OC Extension office on May 10th at 2:00 pm.

Why do I need GAP training?

- Required to be eligible for a Raw or Uncooked Sampling Certificate
- Required to sell at some Kentucky farmers markets and produce auctions
- Required for eligibility to participate in the WIC Farmers Market Nutrition Program

What is a Sampling Certificate?

Producers who complete GAP training may choose to complete a Sampling Affidavit. Upon certification, producers may offer samples of their products at Farmers Markets.

What if my Sampling Certificate has expired?

Typically KDA will send you a notification if/when your sampling license is expired with instructions on how to renew. Contact Sharon Spencer at 502-564-4983 or sharon.spencer@ky.gov for more information.

Where do I go for more information on requirements?

Check the Kentucky Farmers Market Website:
<http://www.kyagr.com/marketing/farmmarket/>.



Summer Watering

As summer arrives, it will soon be necessary to water our landscape and gardens. Even though we normally have enough rain, extreme seasonal changes often make watering necessary. The main objective is to decide when and how much is needed to keep plants healthy. Being able to talk to your plants or at least listen to them is a good way to determine if plants need water. Plants tell us by looking dull instead of bright green or wilting slightly. Grass changes color, often yellowing or looking bluish gray. These can also be signs of overwatering.



Overwatering is a common mistake. This can mean putting too much water on at one time or watering too frequently, keeping the soil too wet over a long period of time. Excess water limits the air available for roots and encourages disease development that results in root loss. When a large percent of roots are killed, there may not be enough roots left to supply water to the plant. Frequent light watering encourages shallow root development, limiting the ability of roots to support the plant during a period of drought.

The water needs of plants can change from one area to another in your yard. Water needs can be different for different plants. A southern exposure will need more water than a northern exposure. More frequent watering is needed for a new planting but frequency is reduced as the roots develop. Periods of dryer soil encourage roots to grow deeper into the soil.

There are no universal rules for watering so it is best to probe the soil to check for soil moisture. When the soil is dry one inch deep it is time to water. Certain areas should be checked more frequently because rain can be blocked by structures and roof overhangs. Apply enough water to equal 1 inch of rainfall per week each watering. Use a rain gauge to know how long to water and probe the soil to know when to water again.

Watering deep-rooted plants like trees and shrubs is best done slow and long to allow water to penetrate deeply. Soaker hoses or trickle irrigation works best. Lawns do best when water penetrates to 6 inches or more. Deep watering encourages good root growth. Automatic irrigation systems are great when set to cycle long enough to provide deep watering once a week and are adjusted to weather conditions.

Irrigation can be done anytime during the day without damaging turf grass. Early morning is the best time because water evaporation loss is reduced and foliage is drier during the day and night. This lowers the chance of developing disease problems. Evening and night watering can be done, however wet foliage can encourage disease development and spread.

It is always best to watch your plants for early signs of needing water and check the soil to be sure plants have the proper conditions for good growth.

Cost-share Opportunities

Upon approval from the Governor's Office of Agricultural Policy, we will begin sign-ups for Phase I Tobacco Settlement Cost-Share. Application information will be advertised in *The Oldham Era's* legal ads, on our office marquis and by e-mail. If you don't see any of these by early June please contact our office at 222-9453 for information. General information on these programs is available online at <http://agpolicy.ky.gov/> click on 'Help for Farmers.'

What's Bugging You?

Horse Owners Should Watch for Eastern Tent Caterpillars

Eastern tent caterpillars (ETC) were identified as the cause of foal loss during the Mare Reproductive Loss Syndrome outbreaks in 1999-2001. Over the last three years, ETC populations in Central Kentucky have been increasing gradually but there are still wide differences in numbers from one area to another. This is normal for the caterpillar's dynamics.



ETC larvae should be approximately 0.5 to 0.75 inches in size in Central Kentucky. This time of year the caterpillars are beginning to move from two to three-inch-long tents near their egg mass to larger masses at major branch forks. Most tents should be baseball to softball-size, making them easy to see in trees, particularly on sunny days. If pregnant mares are present in pastures, now is the time to check for tents in trees in or around pastures and fencelines. ETC is commonly found on wild cherry, apple and crabapple but may be found on a number of other landscape trees. Manage caterpillars while they are together in tents. It is difficult to provide effective control once the ETCs are fully grown and have dispersed from host trees.

One management option is to move pregnant mares away from identifiable ETC concentrations. If this is not practical, physical removal of tents or spot treatment with insecticides is an alternative approach. More information is available at

<http://www.ca.uky.edu/entomology/entfacts/ef423.asp>

Source: Lee Townsend, University of Kentucky Extension Entomologist

Photo Credit: R. L. Anderson, USDA Forest Service, copyright 1995

ANR Calendar of Events

- | | | |
|------------|--------------|---|
| May | 10 | GAP Training & Sampling Certification , 2:00 pm, Extension Office |
| | 12 | North Central Kentucky Hay Day, 9:00 am - 4:00 pm, Henry Co. Fairgrounds, New Castle |
| | 13 | Beekeepers Association , 7:30 pm, Extension Office |
| | 14 | La Grange Farmers Market Opens , 8:00 am – 1:00 pm, Downtown La Grange |
| | 16 | Green Thumbs Garden Club , 9:30 am, Carpool to Woodland Farm |
| | 18 | Master Gardener Association , 9:00 am, Extension Office, then Garden Tour |
| | 19 | County Extension Council & District Board , 9 am, Extension Office |
| | 22-25 | Alltech 27th Int'l Animal Health & Nutrition Symposium , www.alltech.com |
| Jun | 7 | Equine Farm & Facilities Expo , 4:00 - 8:00 pm, Shawhan Place, Paris, www.ca.uky.edu/equine |
| | 10 | Beekeepers Association , 7:30 pm, Extension Office |
| | 12-15 | American Forage & Grassland Council Conference , French Lick, www.afgc.org |
| | 14 | Green Thumbs Garden Club , 8:30 am, Carpool to Governor's Mansion |
| | 15 | Master Gardener Association , TBA |
| | 16 | Master Cattleman - Reproduction , 5:30 pm, Extension Office |
| Jul | 7 | Cattlemen's Association , 6 pm, Grand Meadow Farms |

Capstone Produce Market - Flower, Vegetable & Produce Auction Dates online at www.capstoneproducemarket.com

Traci Missun
Extension Agent for Agriculture & Natural Resources

Michael Boice
Extension Horticulture Assistant

4-H Youth Development

State 4-H Communications Day

Oldham County 4-H hosted the District 4-H Communications Day at Ballardsville Baptist Church on Saturday, April 16th. 4-H members from Oldham, Shelby, Spencer, Trimble, Henry and Bullitt Counties participated. Oldham County 4-H is proud to announce the following Oldham County 4-H members who will be advancing to the State 4-H Communications Day at the University of Kentucky in July.



Elizabeth Griffin, Samantha Hodges and Sarah Griffin. Elizabeth and Samantha will participate at the State 4-H Communications Day in July. (Pictured left to right)



Meghan Owen, Blake Owen, Luke Fetzer and Jessica Zibart will be participating at the State 4-H Communications Day in July. (Pictured left to right)

Congratulations to Molly Logsdon who participated at the District Event, but was unavailable for photographs. Abigail and Michael MacDonald both qualified, but were unable to attend the District Event.

4-H Sewing Workshop

Get an early start on your fair entries or just come create fun sewing projects. On May 9th, bring an old pair of jeans to recycle into a patchwork denim pillow. Cost is \$7.00 for supplies. On May 16th and 23rd, we will create a tunic top which will be perfect with your favorite leggings. Cost is \$14.00 for pattern and supplies. You will need to provide a light weight cotton woven fabric. Call the Cooperative Extension office today to register for one or both projects.

Shooting Sports

Shooting Sports members please check out the state shooting sports web site for important information about shooting sports and upcoming event information. The site can be reached through a link from the Oldham County CES website, [http://ces.ca.uky.edu/oldham/State 4-H Programs](http://ces.ca.uky.edu/oldham/State%204-H%20Programs). Then just click 4-H Shooting Sports.





Oldham County 4-H Fair

This year, the Oldham County Fair will be held July 18-23. The 4-H Fair catalog is available for viewing online at <http://ces.ca.uky.edu/oldham/4HFair>. A printed version of the catalog is also available at the Cooperative Extension Office. Please check out the new project categories that have been added. Some division rules have changed. Our

new fair management software program will help make entry day, Monday, July 18th from 2-7 PM, run more efficiently. In order for the software program to be effective in stream lining the process, **registration forms are due into the CES office by July 8, 2011.** By registering before the fair, the staff will be able to print entry tags and distribute them on July 18th, eliminating the need to complete entry tags at the fairgrounds. All 4-H projects will need to be picked up on Sunday, July 24th between Noon and 2:00 PM.

4-H Fashion Revue

The 4-H Fashion Revue is an educational experience for 4-H members designed to promote skills in construction, selection, and coordination of clothing. 4-H members will have the opportunity to model clothing in the sewing and fashion magic categories. The sewing category allows 4-H members to model clothing they have entered in the 4-H Fair. Fashion Magic allows 4-H members to model an outfit and accessories they have purchased and assembled. The 4-H Fashion Revue will be held on Wednesday, July 20th at 7:30 PM during the Oldham County Fair. For more information on entering, please contact the Cooperative Extension office or refer to the Oldham County Fair 4-H Catalog.



4-H Calendar of Events

May

- 1 Teen Conference Registration Due to State
- 9 Sewing Workshop
- 10 Camp Orientation
- 12 Camp Leader Orientation
- 13 Horse Contest Registration Due
- 16 Sewing Workshop
- 16 Busy 4-Hers of Oldham County
- 17 Camp Teen Orientation
- 19 Candy's Clovers 4-H Club
- 20-23 4-H Dog Camp
- 23 Sewing Workshop

June

- 2 State Horse Judging
- 3-5 District Horse Show
- 7-10 4-H Camp
- 9 Candy's Clovers 4-H Club
- 9-10 State Horse Contest
- 20-24 4-H Project Days
- 27-30 Kids Cooking Camp

Kelly Woods

Kelly Woods
Agent for 4-H Youth Development



Date: June 27-30, 2011

**Time: M-W 9:30-12:00
Th 9:30-1:00**

Kids Cooking Camp



**Place: Oldham County
Cooperative Extension
Service Office**

Kids 8-12 come learn how to be the star chef in your kitchen. Participants will learn to cook a three course meal. On Thursday, we will practice proper etiquette for setting the table, serving, and enjoying the meal. We will learn cooking skills while exploring the food pyramid.

Cost \$20.00

For more information call 222-9453

Limited to 25 participants.

Name: _____ Age: _____

Address: _____

Home Phone: _____

Cell Phone: _____

Email: _____

Emergency Contact
Name: _____

Emergency Phone: _____

List Food Allergies: _____

Mail registration & payment to:
Oldham County
Cooperative Extension Service
1815 N HWY 393
LaGrange, KY 40031
Checks payable to:
Oldham County CES

COOPERATIVE
EXTENSION
SERVICE

UK
UNIVERSITY OF
KENTUCKY
College of Agriculture
4-H Youth Development





4-H Project Days

June 20-24, 2011

Oldham County CES
 1815 N HWY 393, LaGrange, KY 40031
 222-9453

Class Offerings

| | | | |
|---|---|---|--|
| <p>Monday, June 20 10:00-12:00 Leather Working Making a Book Cover Cost: \$17 Age: 9 and up</p> | <p>Monday, June 20 1:00-2:30 Horticulture Desert Dish Garden Cost: \$20 Age: 9 and up</p> | <p>Tuesday, June 21 9:30-11:30 AM Cross-stitching Making a Tea Towel Cost: \$10 Age: 9 and up</p> | <p>Tuesday, June 21 1:30-3:30 Foods Cornmuffins Cost: \$6 Age: 6 and up*</p> |
|---|---|---|--|

| | | | |
|--|--|--|---|
| <p>Wed., June 22 10:00-12:00 Woodworking Bookends Cost: \$6 Age: 6 and up*</p> | <p>Wed., June 22 1:30-3:30 Weaving** Place Mats Cost: \$7 Age: 6 and up*</p> | <p>Thursday, June 23 9:30-12:00 Quilting** Wall Hanging Cost: \$10 Age: 9 and up</p> | <p>Thursday, June 23 1:00-3:00 Sewing** Backpack Cost: \$10 Age: 9 and up</p> |
|--|--|--|---|

| | | | |
|--|---|--|---|
| <p>Friday, June 24 10:00- 12:00 Denim Patchwork** Pillow Cost: \$7 Age: 9 and up</p> | <p>Friday, June 24 10:00-12:00 Pin Up Boards** Dry Erase/Cork Cost: \$12 Age: 6 and up*</p> | <p>* Participants age 6-8 need to bring an adult with them to the class.</p> | <p>** Requires participant to bring in some supplies. Contact the CES office for supply list.</p> |
|--|---|--|---|

Registration

Name _____

Parent: _____

Phone: _____

Email: _____

Age: _____

- | | |
|-----------------------------|------------------------|
| ___ Leather \$17 | ___ Placemats \$7 |
| ___ Desert Dish Garden \$20 | ___ Quilting \$10 |
| ___ Cross Stitch \$10 | ___ Backpack \$10 |
| ___ Corn Muffins \$6 | ___ Pillow \$7 |
| ___ Woodworking \$6 | ___ Pin Up Boards \$12 |

Total \$ _____



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.

Chigger Song

Oh, there was a little chigger
And it wasn't any bigger
Than the wee little head on a pin.
And the bump that he raises
Itches like the blazes
And that's where the rubbing comes in.

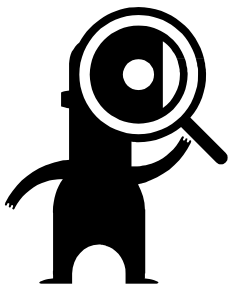
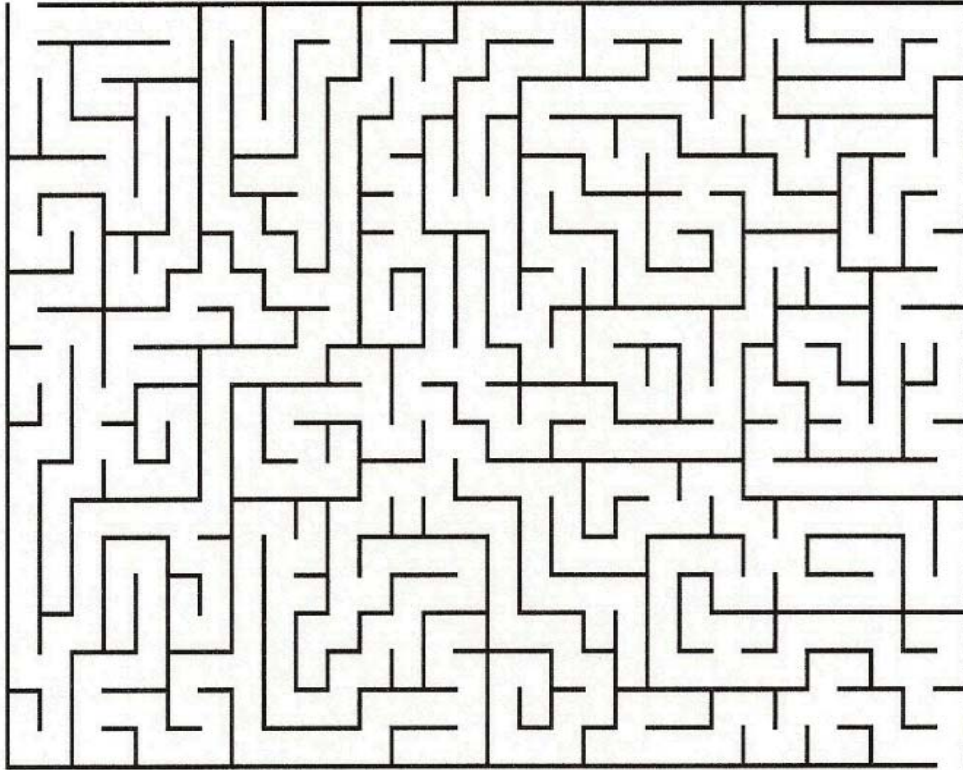
They go wild, simply wild, over me (over me)
From my head all the way to my knees.
You can rub with soap and grease
But you'll never sleep in peace.
They go wild, simply wild, over me (over me)

Gray Squirrel

Grey squirrel, grey squirrel,
Shake your bushy tail.
Grey squirrel, grey squirrel,
Shake your bushy tail
Put your finger to your nose,
Put it down between your toes.
Grey squirrel, grey squirrel,
Shake your bushy tail.



Start



Find Our Hidden Object

Hidden somewhere in this newsletter is a picture of a needle like the one on the left. The first person to post on our facebook page the correct location of the picture will win a prize!



COOPERATIVE
EXTENSION
SERVICE



Cooperative Extension Service
Oldham County
1815 N HWY 393
LaGrange, KY 40031-8632
www.ces.ca.uky.edu/oldham
502-222-9453

Presorted
Standard
US Postage Paid
Buckner, KY
Permit #1

Return Service Requested