



Return To The Victory Garden

Think Globally, Plant Locally

Victory Gardening during the past two World Wars enabled more food to be shipped to our troops abroad. In today's consumer driven world we have been taught to depend on others for our food. The experience and knowledge of gardening is almost lost on this generation. As our economy continues to weaken, perhaps it's a good time to get back to the basics and learn a bit of self-dependency. Locally grown food is fresher, healthier, and vastly reduces the amount of energy needed to get food from the farm to the table, saving both the environment and valuable natural resources. Join us in May and June from 6:00-9:00 pm at the Trimble County Extension Office as we Return To the Victory Garden.

May 21- Victory Gardening

- Soil Testing— What It Is & What It Does
- Location, Location, Location
- Summer & Fall Gardens
- What to Raise & How Much
- Insects, Disease, Weeds
- Harvesting

June 11 – Food Preservation

- Home Canning Basics
 - Safe Canning
 - Using the Right Equipment
 - Storing
- Home Freezing Basics

June 18 – Cookout

- Beef 101
 - The Truth About Red Meat
- Summer Grilling Safety
- Cooking What You Grow



Call 255-7188 by Tuesday, May 19, 2009 to register for Return to the Victory Garden.

**University of Kentucky
Equine Initiative presents . . .
2009 Equine Field Day**

**June 27, 2009
9:00—3:00 p.m.**



UK's Maine Chance Equine Campus
Newtown Pike just north of I-75, Lexington

Learn about equine research being conducted at UK and the practical applications of this research for horse owners, farm owners, farm managers and veterinarians. Admission is free—lunch available for purchase.

Tai Chi—Beginning May 11

The Cooperative Extension Service and Tri County Community Action Agency are presenting Tai Chi from the Arthritis Foundation®. This program is designed to improve the quality of life for people with or without arthritis using Sun style Tai Chi. This style includes agile steps and exercises that may improve mobility, breathing and relaxation. The movements don't require deep bending or squatting, while making it easier and more comfortable to learn. This program will begin May 11th, meeting on Mondays and Wednesdays at 12:30 at the Senior Citizens Center located at the Trimble County Park. Please call 255-7188 or 255-7514 to register.



Cooperative Extension Agent
Family & Consumer Sciences