Raised Bed Garden Project

The raised bed garden project, offered by the Leslie County Ag and FCS agents, has been a great success. Tomatoes, green beans, yellow squash, zucchini, and different varieties of peppers were planted. The squash picked has been used to make the recipe Squash Supreme, from Plate It Up KY Proud and sampled at Hyden Senior Citizens, Stinnett Community Center and at the Leslie County Adult Education Center. The green beans, picked just this week, were cooked and sampled by the Leslie County Homemakers attending a fun filled day of workshops. For more information on raised bed gardening please contact the Leslie County Extension Office at 606-672-2154.

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## August 2016

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Harvesting blueberries and blackberries
Source: John Strang, UK extension fruit and vegetable specialist

Summer months are the harvest season for blueberries and blackberries, both of which have the potential to grow very well in Kentucky. Harvest time for blueberries, which are native to North America, is from early June through early August. Blackberry harvest is from mid-June to early October. These delicious fruits offer several health benefits, and they capture the essence of summer in their sweetness.

Blueberries are an excellent choice for both home and commercial growing. They are long-lived as fruit trees, with few pests or diseases. They also have a late blossom time, so frost rarely causes damage on well-chosen sites. Blackberries also have a long fruit-bearing life and will produce for a decade or longer in Kentucky.

Blueberries require an acidic soil, which means you’ll need to amend most Kentucky soils to properly suit their needs. They also require a high organic material content, so you should mix peat moss (do not substitute other materials) with the soil at the time of planting. You’ll need to irrigate during the summer, because blueberries have a shallow, limited root system. Insufficient irrigation can compromise both this year’s and next year’s crop.

Gardeners need to prune, fertilize and irrigate blackberries for best results. Pruning technique varies, depending on the type of bramble.

Blueberries in a cluster do not ripen at the same time, and only fully ripe berries should be picked. Fruit need at least one to two days after turning blue to develop full flavor and can be left on the bush for up to 10 days without a loss in size. Flavor does not improve once the fruit is picked; consequently, you should leave blueberries on the bush for as long as possible to develop sweetness and flavor.

For best results at harvest, pick carefully, rolling blueberries from the cluster with the thumb into the palm of the hand. Handle as little as possible to avoid rubbing off the bloom (the light waxy finish on the skin) and reduce bruising. Harvest only when berries are dry. Refrigerate promptly to slow ripening and decay.

Blackberries for commercial sale are picked “firm ripe,” but home growers have the luxury of picking soft, fully ripe and juicy fruit. Pick fruit twice a week, and during hot rainy weeks, every other day. Harvest after the morning dew has dried. Pick carefully to avoid bruising the fruit, and as with blueberries, refrigerate quickly to limit fruit rot. The sweetest, best tasting fruit is produced during dry sunny weather when nights are cooler.

For more information, see UK’s publications on growing blueberries and blackberries available online at http://www.ca.uky.edu/agc/pubs/ho/ho60/HO60.PDF and http://www.ca.uky.edu/agc/pubs/ho/ho15/ho15.pdf, or contact the Leslie County Cooperative Extension Service or Ray Wilson at 672-2154.
If you have to wear corrective lenses for vision, you may have chosen to wear contacts. Contact lenses can be a great alternative to wearing glasses. However, when wearing contact lenses, you will want to make sure that you are safely handling them on a day-to-day basis, taking care of them and making sure that you visit the eye doctor on a regular basis.

Healthy habits for contact lens wearers
Here are some healthy habits for contact lens wearers:
• Wash hands. Before you ever touch your contact lenses you should wash your hands with soap and water and dry your hands with a clean cloth.
• Water and contact lenses do not mix! Remove your contact lenses before you:
  • Shower or bath
  • Go swimming
  • Use a hot tub
• Remove contacts before you go to sleep. There are some contact lenses that you can sleep in, but if you are not sure about your lenses, talk to your eye doctor.

Taking care of your lenses
Part of taking care of your contact lenses is to make sure that the supplies you use to clean them are taken care of properly.
• Clean your contact lenses. Only use the contact lens disinfecting solution to rub and rinse your contacts. You should clean your lenses each time you remove them. Do not use water or saliva to clean your contact lenses.
• Replace lenses as recommended. Your doctor will tell you when you should replace your contact lenses.
• Clean your contact lens case. Contact cases should be cleaned with the contact lens solution, not water. Once you have put in the solution and rubbed the case clean, empty any remaining solution and wipe with a clean tissue. Store the case upside down with the caps off. You should do this after use of the case. Also, you should replace your contact lens case every three months.
• Use the solution recommended by the eye doctor. Talk to your doctor about contact lens about who will be traveling with you and any medications that they may need. It is also a good idea to be prepared for illness when you are gone. If you have a first aid kit, make sure that it has a thermometer and medicine that can help if someone gets sick. There are many ways to make sure that you have a great summer. But no matter what you do this summer, make sure you are being safe.

Source: www.ca.uky.edu/HEEL/Bulletins August 2016
What's Coming Up in Extension?

Homemakers’ Volunteer Service Hours
August 1st – 4:00 p.m.
Volunteer service hours needs to be turned in.

Homemakers’ Trip to Cumberland Falls
August 2nd - 8:00 a.m.
We will be taking a Homemakers’ trip to Cumberland Falls State Resort Park also known as the “Niagara of the South” to see the 125 foot wide waterfall. Wear Please wear appropriate clothing and shoes as we will be doing quite a bit of walking. Also bring your camera to take pictures of the falls of nature. We will leave at 8:00 a.m. hike to the Falls, eat lunch and stop off at Joann’s. Please call 672-2154 and register.

Walk Your Way to Better Health & Wealth
August 5th, 12th, 19th, & 26th - 1:00 p.m.
August 29th – 12:00 p.m.
This will be an eleven week program focusing on physical activity and how to eat better. Wear appropriate clothing and shoes; walking indoors on 3rd floor to a walking video; receive financial tips weekly; receive an exercise log, complete and turn in weekly to be entered into a drawing. Please call 672-2154 and register for this workshop.

What’s Cooking
August 9th - 5:00 p.m.
Come and enjoy an evening learning about the healthy benefits of Honey and Cantaloupe. We will be making and sampling Melon Berry Smoothies and Glazed Cantaloupe Bread. Please call 672-2154 and register for this workshop so we will have enough supplies.

Home Freezing Basics
August 12th – 11:30 a.m.
You will learn how to utilize the best containers, packaging and labeling techniques (during the freezing basics session). How to practice safe thawing techniques and review procedures for power or equipment. Please call to pre-register. Class limited so call 672-2154 and pre-register.

Healthy Living with Diabetes
August 12th – 2:00 p.m.
This month’s topic is Diabetics and Hemoglobin A1C. We will also be sampling Turkey Chili and Fruit Kabobs. Attend at least 4 lessons and receive free reinforcement items. Please call 672-2154 and register.

Fun with Art
August 19th – 2:00 p.m.
Classes taught by Bernie Bowling. We will be making a necklace. Absolutely no artistic skills are required. Supplies provided. Please call 672-2154 and register for this workshop. Limited to 10 participants.

Pinterest Make-N-Take
August 22nd - 5:00 p.m.
We will be making a Monogrammed Key Hook Picture Frame. Please call 672-2154 and pre-register so we will have enough materials for everyone.

Sewing Workshop
August 26th - 11:00 a.m.
We will be making a tissue holder using a serger. Please call 672-2154 and register for this workshop so we will have enough supplies.

Homemaker’s Council Meeting
August 26th - 2:00 p.m.
We will be discussing the upcoming homemakers’ lock-in and planning for the county meeting. Please call 672-2154 and register.

Dehydrating Basics
August 29th - 10:00 a.m.
During this program you will learn general techniques and guidelines for drying fruits and vegetables at home.

Quicksand Area Homemakers Training
August 31st - 8:45 a.m.
See backpage.

Homemakers’ Meetings
Cutshin Homemakers Club Meeting
August 8th - 12:30 p.m.
Hyden Homemakers Club Meeting
August 8th - 5:00 p.m.
Beech Fork Club Homemakers
August 11th - 4:00 p.m.
Stinnett Homemakers Club Meeting
August 18th - 2:00 p.m.

Senior Citizens’ Meetings
Hyden Senior Citizens
August 9th - 10:00 a.m.
Stinnett Senior Citizens
August 16th – 2:30 p.m.
CHOOSING DEBIT OR CREDIT AT THE CHECKOUT COUNTER

It’s a question that we all get asked at the checkout counter: “Credit or debit?” Even though it is a common question, most people have never taken the time to think about what is really being asked. You may have assumed that the cashier is simply asking whether or not you will be using your debit card or credit card. However, this question is actually more complicated and requires some thought.

Debit and credit card transactions are processed differently. What the cashier is really asking you is whether you would like to conduct your transaction online or offline. When you use your debit card and select “debit,” your transaction occurs online. This type of transaction requires that you enter your personal identification number (PIN) and immediately takes the money out of your banking account. If you enter your PIN and you do not have enough money in your account, the bank will either decline the purchase or allow the purchase and charge you with an overdraft fee, depending on how you have set up your account.

There are some situations in which it is better to use a debit card:
- For immediate payment. If you are shopping at a retailer that requires immediate payment, use your debit card. A debit card is basically a paperless check that allows the retailer immediate access to the funds.
- When you are on a budget. Many individuals are on a budget. To avoid overspending, some banks will allow for you to set a limit for yourself on your debit card. For example, you can put $200.00 into your checking account and inform the bank that they are not to allow you to go over that limit. You will also want to check that the bank will not charge an overdraft fee.
- If you have a hard time controlling your spending. If you find it difficult to control your spending, you will want to avoid using a credit card for the majority of your purchases. Using a debit card allows you to keep track of your expenses in real time.

When you use a credit card, or you use a debit card as “credit,” the transaction happens offline and requires a signature. An offline transaction first goes through the credit card company before the merchant receives the funds which can take up to 3 days. Depending on the credit card company that you use, a credit card can offer some anti-fraud protection that a debit card does not. Because credit card transactions often cost the retailer more money, you may notice that certain retailers require a minimum purchase price to use your credit card.

As with debit cards, there are some situations in which it is better to use a credit card:
- Online purchases. If you are shopping online, using your credit card is the safest option. Credit card companies routinely scan these purchases for fraud and will alert you if they believe that your card has been used fraudulently. If you detect fraud yourself, you can dispute the charge and have it reversed fairly quickly.
- Large purchases. Most credit card companies offer warranty protections for large purchases such as household appliances or electronics. Some of these warranties go beyond what is offered by the manufacturer which can be a lifesaver if you find yourself with a defective product.
- Travel. If you are traveling, the anti-fraud protection offered by credit card companies is important to pay attention to. Unfortunately, there are many criminals who target unsuspecting tourists by stealing credit card information.

With a better idea of the differences between running a transaction as credit or debit, you can make more informed decisions the next time that you are at the checkout counter. You must be sure to choose the transaction option that makes the most sense for you – keeping your financial obligations and spending habits in mind is a great way to make the decision.

For more information contact Nanette S. Banks, Leslie County Extension Agent for Family and Consumer Sciences at (606) 672-2154.

www.ca.uky.edu/moneywise
WHAT IS A FOOD ALLERGY?

If you have a food allergy, you likely know what you can eat and what you can eat and what you cannot eat. But if you have a friend with allergies, you may or may not know. It is important to take food allergies very seriously. There are many kids who have food allergies —3 million in the United States. Some of the most common foods that cause allergies are:

- Wheat
- Soy
- Eggs
- Milk (cow’s milk)
- Peanuts and other nuts

Thankfully, many kids can outgrow their allergies. But there are times when the allergy lasts a person’s whole life.

What happens with a food allergy?

Normally, the immune system helps fight off sickness. But when a person has a food allergy, the immune system makes an error. A person who has a food allergy has an immune system that thinks a food is unsafe for him or her to eat. So, it is not the food itself that is bad to eat, but how a person's body reacts to eating that food. There are signs that can show a person is having an allergic reaction.

Some common signs are:
- Hives (a type of skin rash)
- Coughing
- Stomach pain
- Nausea/vomiting
- Tightness in the throat

Some people have very serious allergies. When there is a severe reaction, many problems can occur at one time and it can be life-threatening. People with this type of allergic reaction have to be very careful. There are special medicines that can help and a person with this type of allergy may carry the medicine with them just in case there is an emergency. Unfortunately, if you have an allergy, there is no special medicine that can stop you from having a reaction. The best way to handle a food allergy is to not eat or drink anything that causes an allergic reaction.

Reading food labels is an important part of avoiding allergic reactions. In many cases, you can also talk to your healthcare provider who can provide you with a listing of foods that are safe or not safe. Some people with severe allergies have to pay attention to the labels and look to make sure that the food was not made in the same factory as a food that causes them trouble. If you have an allergy, reading labels on foods is very important and can save you from having an allergy attack. Whether you have a food allergy or not, it is important to know about food allergies.

Source: www.ca.uky.edu/HEEL/Bulletins August 2016
WHAT’S COMING UP IN LESLIE COUNTY 4-H

Celebrate 4-H Summer Fun!
Friday, August 12th 3:00-5:00 at Leslie County Cooperative Extension come by and view all of the 4-H Youth projects and activities. Come by and see what we have to share and enjoy some light refreshments and enter for a special drawing!

Attention All Teens and 4-Hers!!!
If you have projects/items that you would like to enter into the Kentucky State Fair you must bring them into The Leslie County Cooperative Extension Office by Thursday, August 04, 2016.

Teens
On August 22th District 2 teens will be preforming at the KY State Fair, if you are interested in joining the teen group or preforming please contact us by August 15th.

WHAT’S BEEN HAPPENING IN 4-H

Leslie County 4-H Teen Council presents check for Relay for Life Team!

(Pictured left to right) Angela Morgan, Emily F. Boggs (Relay for Life Team Captain), Angelina Record, Chloe Wooton, Kristen Caldwell, Nick Gibson and Akiela Turner

Leslie County 4-H Teen Council proudly present the amount of $280.00 to Angela Morgan at Hyden Citizen’s Bank for their Relay for Life Team efforts! Leslie County 4-H Teen Council plans to continue their annual fund raising projects to make a difference in Cancer Research. Thank You Angela for your service to The American Cancer Society and Congratulations Teens for supporting this important local community effort! Thank you also to parents and family who fed and worked with our Teens giving them support and encouragement to MAKE THE BEST BETTER!!
4-H Photography Day

4-Hers each summer submit their best photographs to enter at The Kentucky State Fair! Lexi Henson and Haley Hale photographed areas in town to share with everyone at the fair.

*All photographs must be submitted by August 4th to be eligible for entry to the fair.* Please feel free to call us any time if you have any questions.

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4-H Project Days: Basket Making

Youth gathered at Leslie County Cooperative Extension with two of our very own Local Master Artisans, Betty Harris and Lucy Scott. These two ladies volunteering their day taught the art of basket weaving to our Leslie County Youth! Following a market basket pattern these baskets were hand-woven from natural reed. Our youth ranged in ages from 9-17 and all enjoyed learning this useful skill! This Appalachian Heritage Skill is valued by many and dates back to beginning Colonial Days when baskets were hand made by necessity. Thank You to our prized volunteers and congratulations to our youth for learning a valued Appalachian Art!
Dear Teacher,

Pumpkin Days 2016 are coming! We are already getting to plant. Pumpkin Days 2016 will be held across the new bridge into the community of Quicksand, on the Robinson Center campus. This is back in our original location.

Headstart and Pre-School classes are invited for Wednesday, September 28, and Kindergarten and First Grade classes are invited for Thursday, September 29. Call the Robinson Center at 606-666-2438, ext. 291 to register for your arrival time, which will be staggered from 9:00 am until noon. Most classes plan to stay about 2 hours.

We will need the following information:
Teacher Name
School Name and Telephone Number
Estimated Number of Students
If you are planning to bring your lunch

Let us know if you need additional directions or information. More information about drop off and parking will be sent in the fall.

Physical activity stations!
Coloring stations!
Pumpkin games!
Pumpkin tasting!
Pumpkin story time!
Each child will pick their own small pumpkin to take home.
Bring your own lunch for a picnic under the picnic tent.

Martha Yount
Regional Specialist,
Nutrition Education Programs
606-666-2438 ext. 235
130 Robinson Road
Jackson, KY 41339
myount@uky.edu
**Arts & Crafts Council Meeting**

Will be meeting **August 16, 2016 at 6:00** at the Rockhouse Baptist Church.

*(Always, the 3rd Tuesday of the Month at 6:00 p.m.)*

Call Mary Ethel Wooton for more information.

**Homemaker Leadership Training:**

**Grow your members**
August 31, 2016
RCARS Community Building
Registration 9:45 am
Hands on skill building activity