


# Leslie County Informer

## June 2025

 Cooperative  
Extension Service

**Leslie County**  
22045 Main Street #514  
Hyden, KY 41749  
606-672-2154



### 2025 Leslie County Homemakers State Cultural Arts

**CONGRATULATIONS!!**  
**Leslie County**  
**Homemakers for receiving**  
**4 blue ribbons!**

**Karen Roberts**  
**River Vanover**  
**David Stidham**



Blue Ribbon Winners: (Left to right) Karen Roberts: Mosaic "Big Paw"  
Crochet Afghan; River Vanover: Frog Crocheted Toy making; Karen  
Roberts: 3 pc. Set Knitted Cowl and Gloves; David Stidham: Large  
Knitted Multi-colored Afghan

### 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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**Vicki R. Boggs**, Leslie County  
Extension Agent for Family &  
Consumer Sciences Education  
vicki.boggs@uky.edu  
672-2154

## 2025 Leslie County Homemakers State Cultural Arts

The Kentucky Extension Homemaker's Association held their annual state meeting, May 6-8, at Hyatt Regency, Lexington, Ky. There were over 700 statewide cultural arts entries. Leslie County Homemakers were well represented submitting 10 entries! CONGRATULATIONS Leslie County Homemakers for receiving 4 blue ribbons! We look forward to seeing new entries this Fall during our local 2025 Mary Breckinridge Festival! Make plans to submit your cultural arts for exhibit, contact Vicki Boggs @ 672-2154 or vicki.boggs@uky.edu for more information.

**Nikki and Melissa  
attended as voting  
delegates representing  
Leslie County Extension  
Homemakers**







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vicki.boggs@uky.edu  
672-2154



Cook Wild, Venison  
Sloppy Joes class  
held at KEHA State  
Meeting



**Quicksand Area at KEHA  
State Meeting**







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672-2154

**UK Cooperative  
Extension Service**

**Family and  
Consumer Sciences**

**June 2025**

## What's Coming up in Family & Consumer Sciences!

June brings many opportunities with new programs to increase our health and wellbeing! We invite you to stop by or contact us for more information and sign up for upcoming programs. Be sure to check out our Leslie County Extension Facebook page and our website [extension.ca.uky.edu](http://extension.ca.uky.edu). It starts with us. #UKFCSExt

### JUNE

- 9th: 3:30: Baking Lab
- 5:00: Hyden Homemaker's Monthly Meeting
- 11th: 10:00: Come Sew with Us: Breathitt County Extension
- 12th: 10:00: Come Sew with Us: Perry County Extension
- 13th: 11:00a.m. Part 5 UK Big Blue Book Club: My Old Kentucky Road Trip
- 17th: 12:00 Noon: Cooking Through the Calendar:
- 17th: 5:00p.m.: Extension Art Club
- 26th: 10:00a.m.: ARH Partner: Diabetes Support /Healthy Habits Group Meeting
- 11:00pm: Revive Reconnect Physical Activity with Kelli Hansel



**Baking Lab:** June 9th @ 3:30: Few foods are as inviting as warm-from-the-oven baked goods. Join us for preparing a delicious pumpkin coffee cake that is sure to steal the spotlight at breakfast or brunch. Contact us today @ 672-2154 to register for this class.

### Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension at 5:00 p.m. on June 9th for their regular monthly meeting. Homemakers will have a Rock Painting Class taught by Karen Roberts. If you have small flat rocks 3-5 inches in size, please bring these to class also. Preregistration required. Please contact Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.







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**Leslie County Extension Art Club  
Tuesday, June 17th @ 5:00 p.m.**

Join us here at Leslie County Extension for this cultural arts class. This painting class is being taught by Bernice Bowling. Suggested list of supplies are: Acrylic paints and brushes: The Extension Office will have the boards to paint on for this class and some paints and brushes also. Contact us today 672-2154 to register for this class.



**Diabetes Support Group Meeting –Thursday, June 26th at 10:00  
a.m.**

Please call 672-2154 to sign up for this monthly program! See the flyer enclosed and flyers coming to your mailbox from ARH for more details).

Our monthly program has transitioned to become more inclusive as Diabetes Connections Healthy Habits Challenge Support Group. Chair exercise follows @ 11:00, and there is something for everyone during this activity session! You will not want to miss these 2025 meetings for Health and Wellness Goals and Activities!!

**Revive Reconnect Physical Activity with Kerri Hansell June 26th: 11:00 am**



**\* Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!**

**Check out our Facebook Page:  
<https://www.facebook.com/lesliecoextension>**



**2025  
Diabetes  
Connections  
Healthy Habits  
Challenge**



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### **Recipe Box Workshop attended at Robinson Wood Utilization Center**

May 23rd Several Quicksand Area Counties including Leslie County participated in a recipe box workshop. Participants enjoyed an informative and educational lesson on forestry, the many uses of wood, the wood industry and much more. Everyone finished a beautiful recipe box using yellow poplar wood, tools and sanders. For more information and to sign up for classes please contact Leslie County Extension at 672-2154.



## **REVIVE & Reconnect**

In our monthly Revive & Reconnect classes, the focus will be on fostering a healthier relationship to our body through gentle, beginner friendly chair yoga and strengthening exercises, breathing techniques, and mindfulness practice. Rather than our body as a battle to be won, we will learn to view it as a tool to help us live a vibrant life. Knowing that as we meet our bodies' needs through lifestyle choices, our body can better support us at meeting our own goals and needs.

**All fitness levels are welcome in class. There will be something for everyone.**

*Free & open to  
the community!*

**2025 Classes available:**

**Thursdays**

**June 26, July 31 & August 28**

**11:00, following Diabetes Support Group**

**Leslie Co. Extension Office**

**-Third Floor**

**22045 Main Street #514, Hyden, KY 41749**

*with  
Kelli  
Hansel*  
200 E-RYT



*Sponsored by*







## Rice and Bean Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Prep time: 10-15 minutes**

**Cook time: 20 minutes**

### Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

### Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

### Nutrition facts

#### per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

#### Source:

Jeannie Noble, RD,  
Extension Specialist for  
Nutrition, University of  
Kentucky Cooperative  
Extension Service

### Cooking Through the Calendar: June 17th @12:00 Noon

The May recipe spotlights nutritional benefits of Bananas. It offers ways to make it a meal and suggests substitutions also. Being active is always encouraged for health and wellness! Cooking through the Calendar is supported by the Kentucky Nutrition Education Program. **ARH** continues to partner with us and plans to provide incentives and education for this health and wellness program. Sign up today, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt



**Congratulations!**

*River View*



**Our Leslie County Extension 2025  
Homemaker Postsecondary  
Scholarship recipient.**





## SENIOR SPOTLIGHT

### Logan Sizemore



Leslie County 4-H is proud to recognize senior Logan Sizemore for his outstanding dedication, leadership, and service over the past 8 years. Logan's 4-H journey began with school clubs and has grown into a legacy of excellence and commitment that has left a lasting impact on our program and community.

Logan has been a true 4-H leader—completing the NRESci Academy, competing at the Kentucky State Fair, serving as Vice President of the Leslie County 4-H Teen Council, and representing our county at State Teen Conference for two years. He was honored as a Silver Achievement recipient and was the first-ever recipient of the Be Kind Scholarship. He's also dedicated countless volunteer hours and played a key role in fundraising efforts for the 4-H Council.

This fall, Logan will attend Eastern Kentucky University, majoring in Agriculture with plans to one day earn his doctorate in the field. We are incredibly proud of all he has accomplished and the positive example he has set for younger 4-H members.

Thank you, Logan, for your passion, your leadership, and your heart for service. Your 4-H family is cheering you on as you begin this exciting new chapter!



### Xavier Morgan



Leslie County 4-H is proud to recognize Xavier Morgan for his dedication, leadership, and service over the past four years. As an active 4-H Teen Council member, Xavier has been a role model through his volunteer work, fundraising efforts, support of Relay for Life, and honoring veterans by placing wreaths at their gravesites.

He recently represented Leslie County at the 2024 Kentucky 4-H Issues Conference, where he worked alongside youth from across the state to tackle real-world community issues. This fall, Xavier will attend Alice Lloyd College, where he plans to become a teacher and continue making a difference in the lives of others. We're proud of all he's accomplished and excited to see what the future holds!



You did it!  
Congratulations on this wonderful  
accomplishment.







**Congratulations to Logan Sizemore for being selected as the recipient of the 2025 Leslie County 4-H Council Post-Secondary Education Scholarship! Logan has been an active and dedicated member of the 4-H program, demonstrating leadership, commitment, and a passion for learning. His hard work and involvement have made a lasting impact in our community, and we are proud to support him as he continues his educational journey. We wish Logan all the best in his future endeavors and look forward to seeing all he will accomplish!**



**We are proud to recognize two outstanding seniors whose years of dedication, leadership, and service have earned them a special distinction—the 4-H Honor Cord. This green and white cord holds deep meaning: green represents nature and youth, reflecting the energy and personal growth they've shown through their 4-H journey, while white symbolizes purity and the high ideals they've upheld along the way. To receive this honor, recipients must have stayed actively involved in 4-H throughout high school, participated in community service, and served on the 4-H Teen Council. These two individuals have consistently shown up, given back, and grown into leaders who truly embody the 4-H spirit. Please join us in celebrating this year's 4-H Honor Cord recipients—Logan Sizemore and Xavier Morgan.**





University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# 4-H CLOVERBUDS CAMP

**June 24th, 25th & 26th  
12:00 - 2:00**

**3 fun days exploring 4-H through science,  
arts/crafts and MyPlate! 4-H Cloverbuds is  
for youth who are 5-8 years old or in  
kindergarten through third grade.  
Call to sign your child up! Camp will be  
limited to 20 participants!**

**Jace Peters 4-H Agent (606) 672-2154**

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4-H Youth Development  
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# 2024-2025 LESLIE 4-H TEEN COUNCIL

Leading the charge this year is President Mason Asher, whose leadership and enthusiasm continue to inspire those around him. Serving alongside Mason is Vice President Logan Sizemore, who brings creativity and dedication to everything he does. Secretary Emily Osborne helps keep us organized and on track with her attention to detail and strong communication skills.



Our Teen Council also includes a fantastic group of members who contribute their unique talents and perspectives to every meeting and project: Isaiah Caldwell, Isaiah Begley, Kennedy Lewis, Kasey Lewis, Xavier Morgan, and Danny Bowling. Together, this team has been involved in planning community events, promoting 4-H programs, and representing youth voices across the county.

We're proud of their hard work, leadership, and commitment to the 4-H mission—making the best better!



# Paint with a Purpose: 4-H Fundraiser Paint Class



Join us for a family-friendly paint class where you'll get to create your very own dragonfly masterpiece with the help of a talented instructor who will guide you step-by-step! Open to all ages – youth and adults are welcome! Whether you're a seasoned artist or just trying something new, this class is for everyone. All proceeds go to support our local 4-H programs.

Limited spots available – pre-registration required!

Come out, get creative, and support a great cause.

***Date: Tuesday, July 8th***

***Time: 12:00 PM***

***Location: Leslie County Extension***

***Cost: \$30 per participant (includes all supplies)***

***Snacks provided!***

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## READY TO MAKE THIS SUMMER UNFORGETTABLE?

Join us for 4-H Camp – where friendships are built, memories are made, and legends are born! This year's theme is "Legends in the Making" – a fun, high-energy sports-themed adventure filled with games, activities, swimming, crafts, campfires, and more!

**Ages: 9–14**

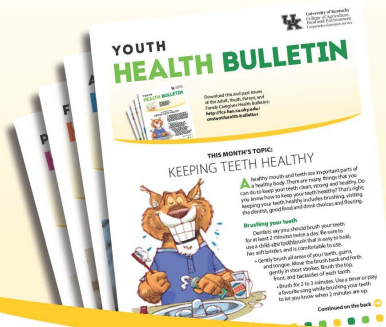
**\$30 deposit required to reserve your spot**  
**First come, first serve – spots are limited!**

**Don't miss out! Stop by our office to sign up**  
**and secure your place at camp.**

**Let's make this summer LEGENDARY!**



# YOUTH HEALTH BULLETIN



**JUNE 2025**

Download this and past issues  
of the Adult, Youth, Parent, and  
Family Caregiver Health Bulletins:  
[http://fcs-hes.ca.uky.edu/  
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Leslie County  
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(606) 672-2154

## THIS MONTH'S TOPIC WHAT IS CANCER?



**Y**ou might have heard the word “cancer” before. Maybe you heard it when a person got sick or was going through treatment to get better. You may wonder what cancer is or how a person gets it. You might wonder how cancer is treated to help the person heal.

Cancer is not just one sickness. It is many related diseases that happen when cells in a person's body get messed up, grow, and divide very quickly. It makes many messed-up cells that grow really fast. These cells stick together and form a tumor, or a big clump, somewhere in the body. Over time, cancer cells can

**Continued on the next page** ➔

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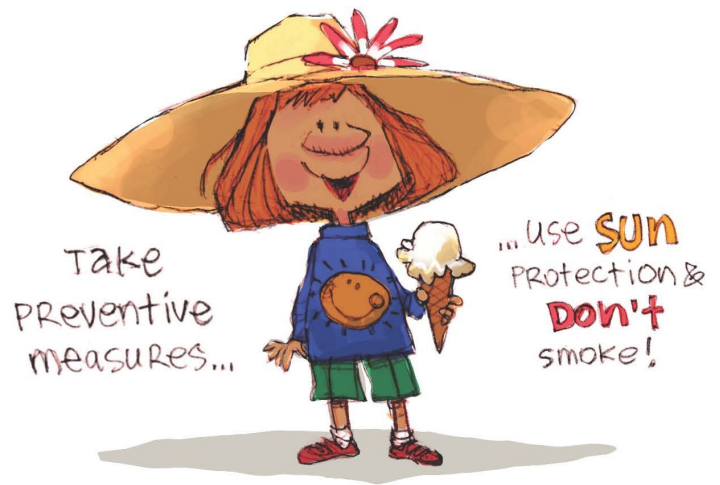
move in the body, making tumors in new places. These tumors make it hard for the body to work correctly. Soon, they make a person feel sick.

You cannot catch cancer from someone — it is not contagious. Unlike some other sicknesses, cancer cannot pass from person to person. Germs do not cause cancer.

Doctors and scientists are still learning about why certain people get cancer, and others do not. We do know that cancer is not caused by getting hurt, like getting bumped, bruised, or cut. It is also not a punishment for being bad. However, some things, like smoking or getting lots of sunburns, can make it more likely for cancer to happen later in life. In any case, the sooner cancer is found, and treatment begins, the better the chance a person has of getting better.

Cancer can be treated in different ways. In some cases, taking vitamins and changing things like what the person eats or how they live can be enough to shrink cancer tumors. Others need surgery to cut out the tumor and let their body heal. Sometimes, treatment like chemotherapy or radiation is needed to kill cancer cells that cannot be reached or keep them from coming back.

- **Chemotherapy** is a medicine that targets and kills cancer cells. Sometimes it can be a pill, but often it must be taken through an IV line. An IV line puts liquid medicine into the blood through a needle and tiny tube stuck through the skin.
- **Radiation therapy** uses high-energy waves, like X-rays, to go through the skin. They target and kill cancer cells. As the cancer cells are destroyed, they dissolve, and the tumor shrinks. Both chemotherapy and radiation therapy are very good at killing



cancer cells. Sometimes, though, while destroying cancer cells, they can also hurt healthy parts of the body. That makes the person feel worse. This is called a side effect. Cancer medicine can come with side effects like feeling very tired, having an upset stomach, skin rashes, or hair falling out. However, these problems don't last. When treatment ends, the side effects go away. The person's hair grows back, their skin clears, and they feel much better.

While getting cancer treatment, a person may need extra rest or to stay away from many people to stay away from other germs. After treatment is done, doctors will do tests to see if the cancer is gone. A person whose cancer is gone is called "in remission." Even after a person is in remission, they may still need to go to the doctor from time to time to make sure the cancer does not come back.

If someone you know is told they have cancer, it can seem scary. Talk to your parents or another trusted grown-up about your feelings and questions you have about their situation. You may be able to help the person by encouraging them with a card, taking their family a meal, or offering them prayer or good wishes.

**REFERENCE:**  
<https://kidshealth.org/en/kids/cancer.html>

**Written by:** Katherine Jury,  
Extension Specialist for Family Health

**Edited by:** Alyssa Simms

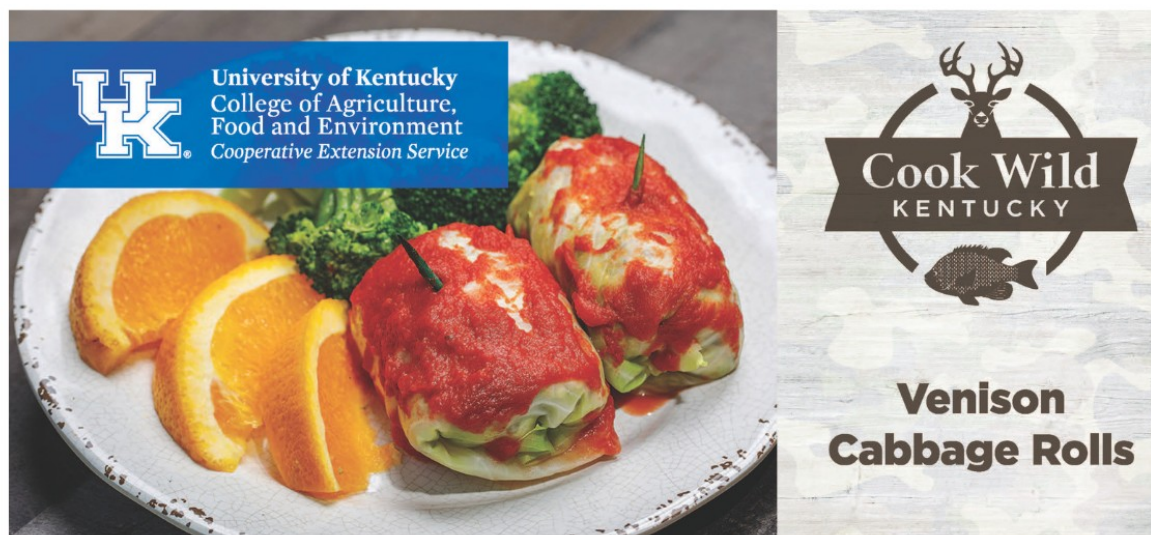
**Designed by:** Rusty Manseau

**Cartoon illustrations by:** Chris Ware  
Illustrations © University of Kentucky  
School of Human Environmental Sciences





Looking for something different for dinner? Still have some ground venison from last year's hunt? Why not try something new?



## Venison Cabbage Rolls

- 12 large cabbage leaves
- 1 1/2 pounds ground venison (may substitute elk or beef)
- 1/4 cup grated onion
- 4 tablespoons butter
- 2 tablespoons Italian seasoning
- 1 1/2 cups cooked rice
- 1/8 teaspoon pepper
- 2 cans (15 ounces each) low sodium tomato sauce
- Toothpicks



Place cabbage leaves in boiling water until tender, drain, and dry. Brown venison and onion in butter. Mix in the Italian seasoning, rice, salt, and pepper. Spoon about 2 tablespoons of meat mixture in center of a leaf, and fold the leaf over, tucking in the ends and securing with a toothpick. Repeat for all cabbage leaves. Place filled cabbage leaves in a 9-by-13-inch casserole dish, and pour tomato sauce on top. Cover with a lid or aluminum foil, and bake 325 degrees F for 45 minutes

**Yield:** 6 servings

Adapted from "FISH & Game Cookbook," Bonnie Scott. 2013



# Container Gardening

*Turning small spaces into great gardens!*

Grow anywhere! Perfect for apartments, balconies, and small spaces!

Almost any vegetable will grow this way, yet leafy greens, herbs, bush beans, peppers, and cherry tomatoes shine.

Container material is less crucial than drainage, volume, and weight. Use pots with drainage holes and elevate them slightly.

Fill containers with a soilless mix, include slow-release fertilizer, and support tall or vining plants during planting.



*Source: Rick Durham, UK Horticulture Professor  
An Equal Opportunity Organization.*



## Periodical Cicadas in Kentucky

D. W. Johnson, L. H. Townsend, Ric Bessin, Extension Specialists

Entfact-446

Spectacular broods of periodical cicadas, designated by Roman numerals, emerge at predictable intervals (13- or 17-years) across the eastern US. Representatives of both occur in the Commonwealth. The emergence of millions of these insects in an area provides a striking visual image and the sounds they produce can be deafening. They are produced by males using specialized structures on the abdomen. Males fly to high, sunlit branches and sing together in choruses that attract females. Songs of the different species are distinctive and include calling and courtship sounds.

Periodical cicadas have black bodies, red eyes, and red-orange wing veins in two pairs of clear wings that are held roof-like over the abdomen. These clumsy fliers often stay in the upper canopy of trees while they are active from late April thru June. Encounters with periodical cicadas can be unnerving to some but these insects cannot sting and do not harm humans, livestock, and pets.

### Emergence of Kentucky Periodic Cicada Broods through the Year 2033

Year	Brood	Cycle	Region in Kentucky
2021	X	17 yr	Low potential statewide, more likely along Tennessee border and Ohio River counties west of Cincinnati.
2024	XIX	13 yr	High potential for Pennyroyal and Green River areas, low for Purchase and rest of state.
2025	XIV	17yr	High potential for much of state east of Purchase region.
2029	I	17yr	Very low potential for Harlan, Letcher, Pike and Martin Counties only.
2031	XXIII	13 yr	Purchase and Green River Areas primarily
2033	V	17 yr	Boyd, Greenup, and Lawrence Counties

While periodical cicada broods are predictable and can be forecast decades into the future, there is a bit of uncertainty with a relatively small number of periodical cicadas emerging in off years. These are small groups of individuals emerging 1 or more years early or late. These individuals are often referred to as stragglers. The maps and tables of periodical cicada emergence are limited to the main emergence of the broods and do not reflect these spurious broods regardless of their size.



Figure 1. Periodical cicadas are recognizable by their color and emergence period early in the year.

### Protecting Trees from Damage

Periodical cicadas are potential pests of many trees and woody ornamentals, with the exception pines and other species that produce gummy substances when damaged. These insects can cause problems in orchards, vineyards, nurseries, home and commercial landscapes. Physical injury or “flagging” occurs after females slit twigs to insert batches of eggs. Twigs break at these weak spots and are left to dangle, turn brown and die. This “pruning” is not a serious problem for large trees but can adversely affect the developing structure of small trees. A more subtle impact can occur several years later as growing nymphs remove sap from roots.

- New orchard or landscape plantings should be delayed until after periodical cicada activity has ended for the season.
- Young trees can be covered with netting or cheesecloth to protect the tender twigs. This should be done when the first male singing is heard. Secure the covering around the trunk to



prevent cicadas from climbing up to the limbs. The netting should be removed at the end of June or when cicada activity stops.

- If practical, cicada nymphs can be prevented from feeding on roots of young trees by pruning out twigs with egg slits. This needs to be done within a three weeks after egg laying has ended. Although a time-consuming process, it may be a viable alternative considering the production life and long-term value of backyard fruit trees. Feeding by large numbers of nymphs over several years can reduce the vigor of small trees.
- Insecticide applications generally are of limited use in protecting trees from damage, especially where cicadas are very abundant. Repeated treatment will be needed to deal with new arrivals. Orchards under a routine spray schedule should be treated about twice a week during peak cicada activity. Spray requirements will vary according to intensity of the outbreak, which can range from a few cicadas in some areas to massive numbers in other areas.

### Life Cycle

Mature nymphs begin to emerge when the soil temperature reaches 64°F, usually in late April or early May. It takes about 3 weeks for all of them to come out. Just before leaving the soil, full-grown nymphs dig up to the surface and may build a 6" to 8" tall mud "chimney" similar to those formed by crayfish. After leaving the soil, nymphs crawl up any convenient vertical surface and molt to the adult stage, leaving behind an empty brown shell. After struggling out of the nymphal skin, adult cicadas rest for several hours until their bodies and wings have expanded and are dry and hard.



Figure 2. A periodical cicada nymph soon to molt to the adult stage.

After mating, females lay their small eggs in 1/4 to 1/2 inch diameter twigs. They tend to select oak, hickory, apple, peach, or pear trees and grapevines but will use other species with the right twig diameter. A blade-like structure on the end of the abdomen is used to make a longitudinal slice in the selected twig. Eggs inserted in the slit will remain in the twigs for six to 10 weeks before hatching. The tiny nymphs fall to the ground and burrow into the soil in search of tree roots. They use their piercing-sucking mouthparts to take sap from tree roots.

### Periodical Cicadas, Annual or Dog-day Cicadas, and Locusts

Periodical and annual cicada or dog-day cicadas are similar but have distinct physical differences and are active at different times of the year (see below).

Characteristic	Periodical Cicada	Annual Cicada
Size	1-1/2 in.	2 to 2-1/2 in.
Eye color	Red	Green to black
Wing veins	Orange	Green
Body color	Black	Green to black
Leg color	Orange	Same as body
Adult activity	April-June	July-Sept.



Figure 3. Annual or dog-day cicadas are larger, emerge later and are a different color than periodical cicadas.

### References

- Hyslop, J. A. 1935. The Periodical Cicada. USDA Bull. E 364.
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- [http://insects.ummz.lsa.umich.edu/fauna/Michigan\\_Cicadas/Periodical/Index.html](http://insects.ummz.lsa.umich.edu/fauna/Michigan_Cicadas/Periodical/Index.html)





## Plant Native

*Baptisia australis* – False Indigo

*Baptisia australis* is one of our most durable and long-lived North American natives and is a 2006 Theodore Klein Plant Award winner. Baptisia is primarily grown for its lavender-blue spring flower spikes. Planted in full sun in even the toughest of soils, plants will grow to 2.5'-3.5' tall. The plant combines excellent pest resistance with drought and heat tolerance that make it an excellent choice for both the urban and country garden. Breeding programs like that of Yew Dell Gardens have some exciting new plants with incredible flower colors and size characteristics; these new hybrids will be coming to the market over the next few years. The seed pods can be attractive, certainly musical, for the cut-dried stem market. Tracy DiSabato-Aust says in her book *The Well-Tended Perennial Garden* that by cutting back a third after flowering the plant will grow out to make a neat rounded plant for display the rest of the season. Growing in USDA hardiness zones 3 - 9 the plant is tolerant of heat and cold.

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