

Leslie County Informer

August 2025

 Cooperative
Extension Service

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

What's Happening in Extension ...



Cooking Through the
Calendar



Grow
Appalachia



4-H Camp



Leslie County Bee Club



We offer a wide variety of program choices for a wide variety of participants. For more information check out our Facebook page or call our office. 672-2154

Come join the Fun!

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506




Disabilities
accommodated
with prior notification.



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



August 2025 What's Coming up in Family & Consumer Sciences!

August has arrived sharing more summer weather and bringing opportunities with new programs for our health and wellbeing! We invite you to stop by or contact us to sign up and get more information about upcoming programs. Be sure to check out our website extension.ca.uky.edu and our **Leslie County Extension Facebook page**. We hope to see you soon!

It starts with us. #UKFCSExt

August FCS Programs at Leslie County Extension

1st-29th: Passport to a Healthier You; Summer Wellness Program 2025, Enroll today!
6th, 13th, 20th & 27th: 9:00 a.m.: Walking Wednesdays @ Leslie County High School Track or in the event of bad weather or extreme heat schedule @ Leslie County Extension
11th: 3:30: Healthy Choices for Healthy Families: Nutrition as we Age 5:00p.m.: Hyden Homemaker's Monthly Meeting
15th: 12:00 Noon: Lunch and Learn KEHA Leader Lesson Yoga to Try It, taught by Laken Campbell
19th: 5:00p.m.: Extension Art Club
21st: 12:00 Noon: Cooking Through the Calendar Nutrition Education
28th: 10:00a.m.: Diabetes Connections /Healthy Habits Workshop: ARH Partner
29th: 10:00-1:00: Summer Wellness Roadshow Stop
HOLD THE DATE: Cultural Arts Exhibits entry date: September 29th and 30th

Healthy Choices for Healthy Families: Nutrition as we Age: 3:30 p.m.

Plan to meet with us and explore ways to stay healthy and well! A healthy recipe will be prepared for everyone to try.

Leslie County Extension Hyden Homemakers

Plan to meet at Leslie County Extension on Monday at 5:00 p.m. on AUGUST 11th for their regular monthly meeting. Please contact Faye Couch at 672-3231 or Vicki Boggs @ 672-2154 for more information.

Lunch and Learn KEHA Leader Lesson August 15, 2025 12:00 Noon



Looking for a gentle way to move your body and boost your well-being? Join Laken Campbell, Lee County FCS Agent, for Yoga-ta Try This—a beginner-friendly introduction to yoga. This session will cover what yoga is, why it's beneficial, and offer a chance to learn and practice four simple poses you can use at home. No prior experience needed—just wear comfortable clothes and a willingness to try something new! Contact us today to save your spot for this informative and educational class! 606 672-2154 or vicki.boggs@uky.edu

 Cooperative
Extension Service

Family & Consumer Sciences

YOGA-TA TRY THIS!

Ever been curious about yoga but didn't know where to begin?
Now's your chance to give it a try in a supportive, beginner-friendly environment!

Yoga-ta Try This is a light, engaging introduction to what yoga is, why it's beneficial, and how to get started—no flexibility required! We'll explore the practice, sample a few poses, and discuss how yoga can fit into your personal wellness routine.

“
Lee: Aug 5th @10 AM
Owsley: Aug 5th @12 PM
Wolfe: Aug 7th @10 AM
Breathitt: Aug 7th @12 PM
Perry: Aug 15th @10 AM
Leslie: Aug 15th @12 PM
Knott: Aug 22nd @11 AM
Letcher: Aug 22nd @ 1 PM
”

Call your local Extension Office to register.



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Leslie County Extension Art Club
Third Tuesday, August 19th @ 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 provide boards to paint on for this class and some paints and brushes also. Contact us today 672-2154 to register for this class.

Cooking Through the Calendar: August 21st @ 12:00 Noon



The August recipe Slow Cooker Asian Pork Tacos, spotlights nutritional benefits of cabbage. Cabbage is high in vitamin C, fiber, and vitamin K. 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



**“Passport to a Healthier You”
Summer Wellness Program 2025**

Sponsored by **ARH**

In partnership with **Leslie County Extension Office**
and **Leslie County Farmer's Market**



Summer Wellness Program 2025 Guidelines:

- Register with Leslie Co. Extension Office to receive your “Passport to a Healthier You” booklet **on or before Tuesday, July 1st, 2025.**
- Complete short questionnaire.
- Attend any of the classes and/or Walking Wednesday programs offered in your passport booklet. Each class or activity you attend will need to be stamped and initialed as completed by the leader/instructor.
- You will earn a \$10 Leslie Co. Farmer's Market Voucher for every 2 classes and/or activities completed.
- Present your passport to Vicki Boggs, Leslie Co. Extension FCS Agent, or Nicole Smith, ARH Community Development Manager, **prior to August 1, 2025** to receive your Leslie Co. Farmer's Market Voucher/s for classes/activities completed in **July.**
- Present your passport prior to **September 5, 2025** to receive voucher/s for classes/activities completed in **August.**
- Complete a short questionnaire at end of program.



Diabetes Connections Healthy Habits Challenge Workshop –

Thursday, August 28th 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 for more details). Our monthly program Diabetes Connections Healthy Habits Challenge Workshop includes samples and education of MY Plate/PLAN EAT MOVE nutritious recipes!



AUG 28 | 10AM
**Mental Health and
Goal Setting**

Leslie County UK Extension Office
22045 Main Street in Hyden

*Join us at 10am via Zoom
from anywhere!*



<https://arh-org.zoom.us/j/78428123456>

FOR MORE INFO:



606.672.2154



csmith11@arh.org

UNDERSTANDING DIABETES TOGETHER!

Family members and caregivers encouraged to attend!

* 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>

Raising kids, Eating right, Spending smart



2025 – 2026 • Cultural Arts Exhibit – CATEGORIES

Please refer to the CLARIFICATIONS pages for more information.

01. **SEWING** (Apparel & Home Décor)

- 1a. Basic Garment APPAREL
- 1b. Specialty Garment APPAREL
- 1c. Accessory APPAREL
- 1d. Basic HOME DÉCOR
- 1e. Specialty HOME DÉCOR

02. **ART**, 3-Dimensional

- 2a. Carving
- 2b. Sculpture

03. **ART**, Natural

- 3a. Wood
- 3b. Other

04. **REPURPOSED & UPCYCLED**

(MUST include a "before" photo)

- 4a. Clothing (end product)
- 4b. Household (end product)
- 4c. Other

05. **BASKETRY**

- 5a. Cane (includes Nantucket)
- 5b. Wooden Base (excludes Nantucket)
- 5c. Miniature (under 4 inch)
- 5d. Novelty
- 5e. Non-Ribbed, Traditional
- 5f. Ribbed, Traditional

06. **BEADING**

- 6a. Bead Weaving
- 6b. Non-jewelry Item/Wearable
- 6c. Miscellaneous

07. **CERAMICS**

- 7a. Hand-formed
- 7b. Molded
- 7c. Pre-made

08. **COUNTED CROSS STITCH**

- 8a. 14 Count Fabric & Under
- 8b. 16 to 22 Count Fabric
- 8c. Specialty Cloth (linens, etc.)

09. **CROCHET**

- 9a. Accessories
- 9b. Garment
- 9c. Home Decor & Afghans
- 9d. Thread
- 9e. Figurine

10. **DOLL/TOY MAKING**

- 10a. Cloth
- 10b. Handmade Toy other than Porcelain/China or cloth
- 10c. Porcelain/China
- 11. Drawing
 - 11a. Pastels
 - 11b. Pen and Ink
 - 11c. Pen and Ink with Oil Roughing
 - 11d. Pencil or Charcoal- Black
 - 11e. Pencil- Color

12. **EMBROIDERY**

- 12a. Basic
- 12b. Candle Wicking
- 12c. Crewel
- 12d. Machine
- 12e. Ribbon
- 12f. Smocking
- 12g. Swedish
- 12h. Tatting/Lace Making
- 12i. Chicken Scratch
- 12j. Punch Needle (under 60" perimeter)
- 12k. Miscellaneous

Continued on the next page

2025 – 2026 • Cultural Arts Exhibit – CATEGORIES (continued)

Please refer to the CLARIFICATIONS pages for more information.

13. FELTING

13a. Needle Method

13b. Wet Method

14. HOLIDAY DECORATIONS

14a. Autumn

14b. Spring

14c. Summer

14d. Winter

15. JEWELRY

15a. Beaded

15b. Mixed Media (wire, chain maille, mixed with beads)

15c. Original Design

16. KNITTING (HAND - with knitting needles)

16a. Accessories

16b. Garment

16c. Home Decor and Afghans

16d. Figurine

17. KNITTING (OTHER - machine/loom)

17a. Other

18. NEEDLEPOINT

18a. Cloth or Canvas

18b. Plastic

19. PAINTING, ART

19a. Acrylic

19b. Oil

19c. Watercolor

20. PAINTING, DECORATIVE

20a. Metal

20b. Wood

20c. Other

21. PHOTOGRAPHY (mounted or framed)

21a. Black & White

21b. Color

22. QUILTS

22a. Baby-size or Lap-size (hand quilted)

22b. Baby-size or Lap-size (machine quilted)

22c. Hand Applique (hand quilted)

22d. Hand Pieced (hand quilted)

22e. Machine Applique (machine quilted)

22f. Machine Pieced (hand quilted)

22g. Machine Pieced (machine quilted)

22h. Novelty (hand quilted) (stenciled, embroidered, miniature, etc.)

22i. Novelty (machine quilted)

(stenciled, embroidered, miniature, etc.)

22j. Technology Based (hand or machine quilted)

22k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

23a. Card Making

23b. Origami

23c. Quilling

23d. Scrapbooking

24. RUG MAKING

24a. Braided

24b. Hooked

24c. Punch Needle, rug (over 60" perimeter)

24d. Woven

25. WALL or DOOR HANGING

25a. Fabric

25b. Other

25c. Diamond Art Mosaic

26. WEAVING

26a. Hand (macrame, caning)

26b. Loom (includes pin weaving)

27. MISCELLANEOUS

27a. Miscellaneous

Family and Consumer Science Program

Highlights!

Diabetes Connections Healthy Habits Challenge Workshop

The workshop was held on Thursday, June 26, 2025. Everyone gathered, weighed in and received educational materials provided. A Celebration of

attendance and reaching goals was enjoyed while playing games covering diabetic information. Everyone also enjoyed the tasty PLAN EAT MOVE recipe, Skillet Enchiladas accompanied by MYPLATE Nutrition Education. We appreciate our local partnership with ARH Healthcare, providing many beneficial resources for our community meetings. Plan to join us each month for our Diabetes Support Group here at Leslie County Extension, the last Thursday of each month at 10: 00am. followed by Revive and Reconnect Chair Exercise group! ALL FREE for your good health! It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.



Summer Reading Program with Leslie County Public Library: Appalachian Lesson : Tuesday, July 1, 2025

The book, A is for Appalachia was read, shared and discussed as the lesson began showing Appalachia as the place we live along with 12 other states. Lots of hands-on items were shared like hand-woven baskets, corn-shuck dolls, coal samples, quilts and more. Storytelling was

shared followed by gardening stories showing "shucky beans"

dried to preserve them many years ago by a local family. Three sister crops were shared and discussed as each participant colored their own 3- sister crop coloring sheet. Everyone also enjoyed making their own paper quilt as we continued into our lesson including MyPlate and sampling apple nachos a delicious and healthy PLAN EAT MOVE snack!



Baking Lab held July 14thth@ 3:30 Baking with the Bread Machine

Participants enjoyed another baking lab; sampling delicious bread prepared in the bread machine. Participants enjoyed the educational lesson while exploring the recipe together and preparing honey butter to sample with their hot bread. Learning more about how the bread machine works and tips for successful baking in the bread machine was enjoyed by all. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.



Extension Art Club was held July 15, 2025 @ 5:00 pm

Everyone enjoyed drawing and painting the little church taught by Bernice Bowling. Special thanks to our leaders, Bernice Bowling and Karen Roberts for managing and teaching this class. Plan to join the fun each **THIRD TUESDAY** and for more information please contact Bernice Bowling or Vicki Boggs @ 672-2154.



Cooking Through the Calendar: July 23rd @ 12:00 Noon

Everyone enjoyed cooking and eating the delicious samples of Chicken Burgers while learning more about the nutrients in this recipe. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. ARH continues to partner with us providing incentives for this health and wellness program. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

AUGUST 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: COMMUNICATION TIPS FOR TALKING ABOUT MONEY

Talking about money isn't always easy. Maybe you grew up in a household that talked openly about finances. Or, perhaps money was something not discussed with children. Now as an adult, financial conversations are stressful.

If you share expenses with someone (like a partner, kids, or aging parents), having healthy money conversations can reduce stress and improve relationships. Healthy communication about money can also increase your family's **financial well-being**, which means having financial security and financial freedom of choice in the present and the future (CFPB, 2025).

DON'T SKIP MONEY TALKS

How and when to bring up money conversations may seem tricky. *Will it cause tension? Will it start a fight?* These fears can make it tempting to avoid money topics. But avoiding those talks doesn't make financial challenges go away. Instead it often increases stress. Research suggests financial stress can cause poor sleep, headaches, trouble concentrating, anxiety, depression, or even hopelessness (APA, 2022). Conversely, healthy financial conversations can increase relationship satisfaction, create shared goals, reduce conflict, and buffer stress.



ASK CURIOUS QUESTIONS

Whether talking with a spouse, parent, or child, start money conversations from a place of curiosity and ask open-ended questions like those below. This fosters connections and invites thoughtful responses. It shows that you care about the person, and not just the "money."

- How do you feel when we talk about money?
- What is something you'd like to save for this year?
- How do we decide what is important to spend money on?
- Is there anything you'd like us to do differently with our money?

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



 Disabilities
accommodated
with prior notification.

DON'T TACKLE EVERYTHING AT ONCE. TAKE ONE STEP AT A TIME.



The University of Wisconsin Extension series, Money Matters, offers other communication tips for talking about money. Visit <https://ukfcs.net/UWMoneyMatters> to learn more. As you talk through money topics and values, take turns answering questions, be honest in your responses, and try not to interrupt. Listen carefully so all points of view are heard.

MONEY CONVERSATIONS TIPS

- **Pick a Good Time.** Don't talk when you're rushed, tired, or upset. Choose a quiet time when you can focus.
 - **Be Kind and Clear.** Use "I" statements like, *"I feel worried about our credit card bill."* Don't blame or generalize.
 - **Work Toward a Goal.** Whether paying off debt or planning a vacation, it is easier to talk about money when working toward something positive.
 - **Use Tools to Help.** Use digital resources like PowerPay (<https://ukfcs.net/USUPowerPay>), a free debt reduction tool from Utah State University Extension that offers personalized debt elimination plans.
 - **Don't Tackle Everything at Once.** Take one step at a time. Start with topics that will move you closer to a financial goal.
- **Ask a professional.** If talking about money leads to fights or hurt feelings, it may be helpful to visit a financial therapist or counselor.

COMMUNICATING THROUGH CONFLICT

It is normal to have different opinions about money — from small things like how much to spend on vacations, hobbies, gifts, or groceries to larger things like estate planning, saving for retirement, or paying off debt. Rather than waiting for a money emergency to start a conversation, have regular check-ins scheduled on your calendar. Talking regularly about money helps everyone stay on the same page. Read more in the University of Kentucky Extension publication, *How Can We Communicate Without Conflict?* (<https://ukfcs.net/FCS5482>).

REFERENCES:

American Psychological Association. (APA, 2022). <https://www.apa.org/news/press/releases/stress/2022/concerned-future-inflation>

Consumer Financial Protection Bureau. (CFPB, 2025). <https://www.consumerfinance.gov/consumer-tools/financial-well-being/>

ADULT HEALTH BULLETIN



AUGUST 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
Extension Office
22045 Main St. # 514
Hyden, KY
41749
(606) 672-2154

THIS MONTH'S TOPIC

PREVENTING HEATSTROKE IN THE "DOG DAYS" OF SUMMER



The "dog days of summer" are the hottest and most humid days of the year, usually in July and early August. The term comes from ancient times. People noticed that this period of very hot weather happened around the time the star Sirius, also called the Dog Star, rose in the sky with the sun. People believed that the heat came from this star shining so brightly. Today, we know it's just the time of year when our part of the earth is closest to the sun because of the earth's tilt. During the dog days of summer, it's especially important to be aware of the health risks of extreme heat, including heatstroke.

Heatstroke is a serious illness that happens when your body gets too hot and cannot cool down. It usually happens after spending too

Continued on the next page ➔

**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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506




Disabilities
accommodated
with prior notification.



One of the best things

you can do is drink

plenty of water,

even if you don't feel thirsty.

Wear light-colored,

loose-fitting

clothes and a hat

to protect yourself

from the sun.

→ Continued from the previous page

much time in the sun or doing hard physical activity in very hot weather. When someone has heatstroke, their body temperature can rise to 104 degrees F (40 degrees C) or higher. This can be very dangerous because it can damage the brain and other organs. Common signs of heatstroke include a high body temperature, red or dry skin, fast heartbeat, confusion, headache, or even fainting. It is important to treat heatstroke quickly by moving the person to a cooler place, using cool water to lower their temperature, and calling for medical help right away. Heatstroke can be life-threatening if not treated in time.

A regular stroke and a heatstroke are two very different medical problems, even though they both have the word “stroke” in their names. A regular stroke happens when blood flow to the brain is blocked or a blood vessel in the brain bursts. This can damage parts of the brain. That can cause problems like trouble speaking, weakness on one side of the body, or confusion. It is a brain-related emergency. On the other hand, heatstroke happens in the body. Heatstroke affects the whole body and can damage organs, including the brain. Both conditions are serious and need medical

help right away. But they are caused by different things and affect the body in various ways.

To avoid heatstroke, it's important to stay cool and hydrated, especially when the weather is very hot. One of the best things you can do is drink plenty of water, even if you don't feel thirsty. Wear light-colored, loose-fitting clothes and a hat to protect yourself from the sun. Try to stay in the shade or indoors with air conditioning during the hottest parts of the day, usually between 10 a.m. and 4 p.m.

If you have to be outside or do physical activity, take lots of breaks and rest in a cool place. Never sit in a parked car on a hot day, as the heat in enclosed areas can increase quickly to dangerous levels. By following these steps, you can help protect yourself from heatstroke and stay safe in hot weather.

REFERENCE:

<https://www.cdc.gov/heat-health/about>

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock





Slow Cooker Asian Pork Tacos

Pork prep time: 10 minutes

Pork cook time: 3-7 hours (depending on temperature of slow cooker)

Slaw prep time: 20 minutes

Pulled Pork Tacos

- Nonstick cooking spray
- 2 pounds pork tenderloin
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ginger powder (or 1 tablespoon fresh ginger)
- 1 teaspoon garlic powder (or 3 whole garlic cloves smashed and peeled)
- 1 cup hoisin sauce
- 12, 6-inch tortillas for serving

Asian Peanut Slaw

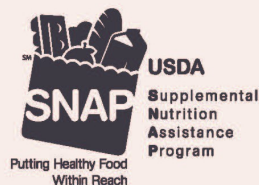
- 1/4 cup vegetable oil
 - 2 tablespoons white vinegar
 - 1 tablespoon honey
 - 1 tablespoon low-sodium soy sauce
 - 1 bag (12 ounces) coleslaw or broccoli slaw
 - 1/2 cup dry roasted unsalted peanuts, chopped (optional)
 - 2 green onions, chopped
 - 1 cup cilantro, chopped
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Coat a slow cooker with nonstick cooking spray. Place pork tenderloin in the slow cooker and season with salt, pepper, ginger, and garlic. Wash hands after handling raw meat.
 3. Pour the hoisin sauce over top of the pork. Cover and cook on high for 3 to 4 hours or low for 5 to 7 hours until the pork reaches a minimum internal temperature of 145 degrees F using a food thermometer.



4. Transfer the cooked pork to a plate and shred with two forks. Return to slow cooker and stir it together with the sauce. Leave in the slow cooker on "warm" until ready to serve.
5. While the pork cooks, make the slaw. In a large bowl, combine oil, vinegar, honey, and low-sodium soy sauce. Add slaw, peanuts, green onions, and cilantro. Toss to combine.
6. To serve, warm the tortillas in microwave for a few seconds, covered with a damp towel to keep them moist. Fill with shredded pork, then top with Asian Peanut Slaw. Roll up and serve.
7. Refrigerate leftovers within 2 hours.

Note: If you don't have hoisin sauce, you can substitute: 1/2 cup ketchup, 2 tablespoons brown sugar, 1/2 cup low-sodium soy sauce, 1 teaspoon garlic powder, 1/2 teaspoon ginger powder, 1/2 teaspoon salt, 1/4 teaspoon pepper, and a dash of hot sauce.

Makes 12 servings
Serving Size: 1 taco
(1/3 cup pork on tortilla with 1/3 cup slaw)
Cost per recipe: \$10.44
Cost per serving: \$0.87



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

Nutrition facts per serving:

250 calories; 10g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 350mg sodium; 20g total carbohydrate; 2g dietary fiber; 5g total sugars; 4g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Rosie Allen, NEP
Special Projects,
University of Kentucky
Cooperative Extension



Staying Productive and Prepared: Summer Agriculture in Kentucky

As temperatures rise and summer settles in, Kentucky farmers and gardeners face both opportunities and challenges in their agricultural operations. Whether you're managing acres of cropland or tending a backyard garden, now is a critical time for maintaining productivity while protecting your crops, animals, and soil.

Crop Care in the Heat

With longer days and intense sun, moisture management becomes essential. Early morning or evening irrigation helps reduce water loss to evaporation, and mulching can keep roots cool while conserving soil moisture. Monitor for pests, as warm weather can bring increased insect pressure. Integrated Pest Management (IPM) strategies and routine scouting can help keep infestations under control.

Livestock and Animal Welfare

Heat stress is a major concern for livestock. Ensure animals have constant access to clean water and adequate shade. Ventilation in barns and shelters should be checked and improved if needed. Keep a close watch for signs of overheating such as excessive panting, drooling, or lethargy.

Harvest and Market Readiness

For growers selling at farmers markets or to local buyers, now is peak season for harvesting tomatoes, sweet corn, peppers, and more. Be sure to harvest during the coolest part of the day and handle produce with care to maintain freshness and quality.

Soil Health and Long-Term Planning

Summer is also a good time to think about cover cropping for fall. Keeping your soil covered after harvest reduces erosion, suppresses weeds, and can improve soil fertility over time. Take note of what's working—and what isn't—in your current practices to help shape better plans for the next season.

Extension Resources Are Here to Help

Don't forget that the Leslie County Cooperative Extension office offers guidance on everything from drought management to farm safety. We're here to support Kentucky's growers with the knowledge and resources needed to thrive this summer and beyond.





Trying to figure out what to take to the next family pot
luck? Need something quick, easy and delicious?
I've got you covered!

Bacon and Tomato Dip



1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve
excess juice

4 slices bacon, cooked crisp and
crumbled

1 teaspoon garlic powder

- 1. Combine** all ingredients.
- 2. Add** reserved tomato juice until
dip reaches desired consistency.
- 3. Serve** with fresh vegetables or
reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories;
3 g fat; 1 g saturated fat; 5 mg
cholesterol; 160 mg sodium; 6 g
carbohydrate; 0 g fiber; 3 g sugar;
1 g protein.

Buying Kentucky Proud is easy. Look for the label at your
grocery store, farmers' market, or roadside stand.



Have you ever cut a potato open and found a weird, brown hollow place? These open cavities in the middle of potatoes is a defect known as hollow heart. here's what you need to know next time you come across one of these strange potatoes.

Hollow Heart

Many gardeners love in growing potatoes in their gardens while others prefer to purchase them from the grocery store, either way some may find something unexpected when fixing their spuds for the dinner table.

When cutting the potatoes, you might notice a cavity or gap in the center, which can appear in a variety of shapes.

Sometimes this cavity is ringed with a brown discoloration, while in other cases, it is simply an empty space surrounded by normal potato flesh. Occasionally, it may present as a small dark spot in the middle of the interior.



The oddest part is that the outside of the potato shows no signs of damage, and the problem isn't visible until the potato is cut open. This condition, known as hollow heart, sounds more like a romantic affliction rather than a horticultural issue. Some gardeners suspect bug or disease damage, but with a closer look reveals there are no blemishes or signs of invasion on the outside. The cavity is, in fact, caused by environmental factors rather than pests or pathogens. This can happen to potatoes grown in the home garden or on large-scale farms. It is commonly associated with environmental stresses or abrupt changes in growing conditions, particularly uneven moisture levels during the potato's growth. A period of drought, followed by excessive watering or rainfall, can disrupt potato development and cause the potato's interior to split and form an internal gap.

Fortunately, hollow heart does not impact the flavor, nutrition or general quality of the potato. However, it can affect its usability in certain applications. For example, potatoes with hollow heart are unsuitable for making potato chips. That said, these potatoes are still perfectly fine for most culinary uses, including making mashed potatoes.

msu.edu





2025 4-H SUMMER CAMP



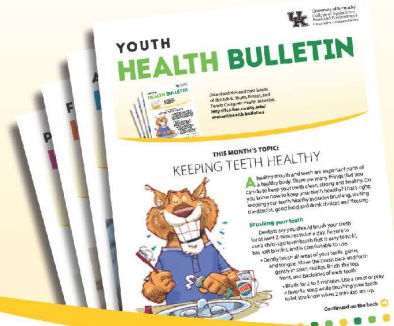
4-H Camp is a place where young people gain confidence, build independence, and create lifelong memories. At camp, kids are encouraged to try new things, face challenges head-on, and step outside their comfort zones, all while learning to manage their belongings, work as a team, and navigate new social situations. Surrounded by Kentucky's beautiful natural setting, campers also get the chance to explore their unique interests and discover their "sparks." Thanks to the generosity of donors and the dedication of volunteers, Leslie County 4-H is proud to offer this transformative experience to countless young people each year.

for my club, my community,



my country and my world.

YOUTH HEALTH BULLETIN



AUGUST 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
Extension Office
22045 Main Street Suite 514
Wootton, KY
41776
(606) 672-2154

THIS MONTH'S TOPIC

THE VALUE OF FRIENDSHIP

Making and having friends is important because it helps us feel happy, learn new things, and grow into strong, confident people. Friends help us feel like we belong. They can support us when we feel lonely or sad. Friendship also teaches us how to share, solve problems, and understand how others think. These skills are important for getting along with others and doing well in school. As we grow up, these same skills help us make decisions about the kind of job we want, the relationships that are important to us, and our values.

Research shows that kids who have friends are more likely to enjoy school and do better in their classes. On the other hand, children who don't have friends may feel anxious or avoid school. Having friends also helps us feel



Continued on the next page ➡



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



One good way to make new friends is to join activities like sports, clubs, or school events.

→ Continued from the previous page

good about ourselves and gives us more chances to help others. Overall, making and keeping friends is a big part of growing up happy and healthy.

Friends can cheer you up when you're feeling sad, help you when you're having a hard time, and cheer with you when things go well. Friendships teach you how to be kind, fair, and honest. Sometimes friends might fight but learning to say "I'm sorry" or forgive someone is part of being a good friend. It's also OK if not every friendship lasts forever — people change, and that's normal. What matters most is treating others with respect and finding friends who do the same. Good friendships help you feel safe, happy, and confident as you grow up.

So, how do you make new friends? If you overthink this, it can feel harder than it is. The best way to make a friend is to be a friend!

You can make new friends by being kind, open, and willing to try new things. One good way is to



join activities like sports, clubs, or school events where you can meet other kids who like the same things. Saying "hi," inviting them to play a game or do an activity together, or giving a compliment can help start a conversation. You can also make friends by helping others, sharing, or being a good listener. It's important to smile, take turns, and show interest in what others are doing or saying. Being friendly and showing respect makes others feel comfortable and more likely to want to be friends. Even if it feels a little scary at first, trying to talk to someone new can lead to a great friendship!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/books/NBK225544>

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





SRTLTC

FIND YOUR SPARK AND BUILD FRIENDSHIPS



**September
18th - 21st 2025**

About Our Event

The Southern Region Teen Leadership Conference (SRTLTC) brings together 4-H teens and adults, empowering and inspiring them to create positive change across the Southern Region through youth-adult partnerships. This conference draws participants from six states—Arkansas, Florida, Georgia, Louisiana, Kentucky, and Tennessee—and is held at one of Tennessee's 4-H camps.

JOIN US!

Event Highlights

Networking

SRTLTC provides a platform for youth to build meaningful relationships with 4-H members from across the southern states in a supportive youth development environment.

Workshops

Participants engage in interactive sessions that cover a wide range of topics and are led by youth participants and youth committee members.

Southern Showdown

A showdown of skills from each state through a wide range of team events. Activities include basketball, kickball, talent, and knowledge-based activities.

Social Activities

Youth have the opportunity t-shirt swap, parade of states, state swap meet, and a taste of the south where each state brings a food unique to their state.


**CONTACT JACE PETERS
LESLIE COUNTY 4-H AGENT**

**DEADLINE TO REGISTER
IS AUGUST 20, 2025**



FOOD PRESERVATION

During a recent Food Preservation class, FCS Agent Vicki Boggs led an engaging salsa-making session where youth learned valuable kitchen skills such as cutting and dicing techniques, blanching tomatoes, and the importance of following recipes precisely. Participants also gained hands-on experience with canning tools and methods, successfully preserving their own jars of salsa using a State Fair-approved recipe. Mr. Garry and Jace guided the youth in slicing apples to be preserved using the drying method. One salsa entry and one dried apple entry will proudly represent our program at the 2025 Kentucky State Fair.





Installing a butterfly garden can play a critical role in plant pollination

Butterfly gardens aren't just for butterflies! They create a haven for many pollinators, and you can easily create your own. Here are some tips to get you started. To learn more about native plants in our area, reach out to our office.

*Source: Faye Kuosman, UK Food Connection coordinator
An Equal Opportunity Organization.*

Choose an area with good drainage, full sun, and weed control.

Get a soil test, eliminate the weeds and add organic matter.

Have puddling spots for butterflies to get a drink of water.

Plant a variety of flowers that will bloom all growing season.