

February 2025



EXTENSION EVENTS

How can I stay up-to-date?

Clay County
Cooperative
Extension Service

Email: clay.EXT@uky.edu

Open: Monday-Friday
8am - 4 pm

Location of EXCEL:
86 Muddy Gap Rd

Agriculture/Natural Resources - Family
& Consumer Sciences - 4-H/Youth Dev.

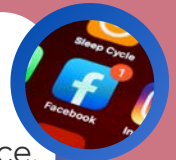
Monthly Newsletter

Call or email to be added to the monthly email list.



Facebook Page

"Like" our Facebook page - [Clay County Cooperative Extension Service](#).
Go to our page & check out events.



Webpage

Check out the county webpage at <https://clay.ca.uky.edu>



PO Box 421 / 69 Jameson Rd | Manchester, KY 40962 | P: 606-598-2789 | F: 606-598-2695 | <https://clay.ca.uky.edu>

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.

February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Kentucky Maple Days
2	3 Estate Planning 5:00 PM	4 Red Bird Christian 4-H Clubs	5 4-H Council Meeting 11:00 AM via Zoom	6 CCHS Enrichment Programs	7 CCMS Enrichment Programs	8
9	10 Goose Rock Elem. 4-H Clubs Mental Health Monday 5:00 PM	11 Homemaker Card Club 1:00 PM	12 Paces Creek Elem. 4-H Clubs	13 Oneida Elem. 4-H Clubs	14 HAPPY VALENTINES DAY Burning Springs 4-H Clubs Create & Inspire Club	15 Kentucky Maple Days Pins & Needles Layer Cake Quilt Retreat Feb. 14th-16th
16	17 ★ PRESIDENT'S DAY ★ 4-H Home-school Club 11:00 AM Homemaker Council Meeting 12:00 PM	18 4-H Art Club 4:00 PM	19	20 OBI 4-H Club	21	22
23	24 Hacker Elem. 4-H Clubs FCS Council Meeting 12:00 PM Mental Health Monday 5:00 PM	25 4-H Cooking Club 4:00 PM	26	27 4-H NRESci Academy - Carter Caves Beekeeper's Association Meeting 6:00 PM	28	

AGRICULTURE/NATURAL RESOURCES



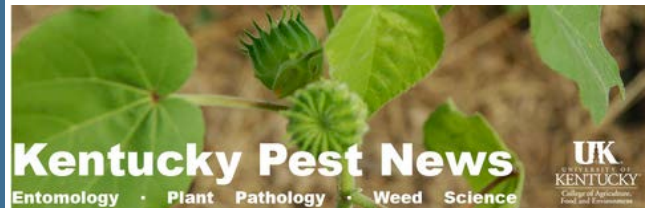
Ashley Adkins

Ashley Adkins
Agent for Agriculture & Natural Resources
Clay County
Email: ashley.adkins@uky.edu



KENTUCKY MAPLE DAYS

Today we are seeing a resurgence of maple syrup production in Kentucky. With modern technology, changing economic climate and an entrepreneurial spirit, farmers are taking advantage of the numerous maple trees in Kentucky to supplement their income. Kentucky Maple Days is a celebration and educational event all rolled into one. The 2025 Kentucky Maple Days will take place on February 1st & 15th, 2025. For more information visit: <https://ky-maplesyrup.ca.uky.edu/>



Kentucky Pest News is an E-newsletter submitted by the University of Kentucky Plant Pathology, Entomology, and Weed Science Cooperative Extension Specialists in the Martin-Gatton College of Agriculture, Food and Environment. Topics cover a variety of timely insect pests, diseases, and weeds of concern that are occurring in commercial and residential plantings. Articles containing pesticide updates, Plant Disease Diagnostic Lab highlights, insect trap counts from Princeton and Lexington, and training opportunities are also often included. Newsletter articles are posted weekly throughout the year and are available at: <https://plantpathology.ca.uky.edu/extension/kpn>

KENTUCKY BEEF NEWS & EVENTS



Off the Hoof is a KY beef newsletter published monthly by Dr. Les Anderson, a Beef Extension Specialist in the Department of Animal & Food Science at UK. Stay up to date on KY beef information and resources at: <https://afs.ca.uky.edu/beef/off-the-hoof>



2025 PLANT ORDERS

The 2025 plant order form is now available! Please return order form (following page) and check payable to Clay County Cooperative Extension by March 7th. Plants are expected to arrive the first full week of April.

CLAY COUNTY BEEKEEPER'S ASSOCIATION

The Clay County Beekeepers Association will resume their monthly meetings on Thursday, February 27th at 6:00 PM. Meetings will be held the fourth Thursday of each month at the EXCEL Building, 86 Muddy Gap Road. If you are interested in becoming a beekeeper, feel free to contact Clay County Cooperative Extension Service at 598-2789 to learn about our local organization meetings. New members are always welcome!

ASSISTANCE FOR HONEY PRODUCERS

The USDA has programs to help honey producers every step of the way, from plants to the final product. There are programs available to help protect and conserve habitat, protect your investments and recover from disasters impacting your operation. For more information visit our website at: <https://clay.ca.uky.edu/sites/clay.ca.uky.edu/files/Assistance%20for%20Honey%20Producers.pdf>



FARMERS MARKET

Meeting



The Clay County Community Farmers Market will have an organizational and planning meeting for the upcoming year at the EXCEL building, 86 Muddy Gap Road (behind McDonalds) on Friday, March 7th at 6:00 pm. It is highly encouraged to share this information with anyone that may be interested in being a part of the upcoming market year. The market is seeking new vendors, and this is a great opportunity to learn about how the market operates, membership requirements, and to discuss new ventures.

2025 Plant Order Form

**Clay County
Cooperative
Extension**

PO Box 421
69 Jameson Rd
Manchester, KY 40962
(606) 598-2789

Purchaser Information:

Name: _____

Address: _____

City, State, Postal Code: _____

Telephone: _____

Email: _____

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
	<u>KY Sales tax of 6% is included in prices.</u>	Total Due	

Pre-payment is required by Friday, March 7, for all plant orders.
Make checks payable to: [Clay County Cooperative Extension](#)

Payment Information:

Receipt number: _____

Paid: YES NO Date: _____

Entered in spreadsheet: YES - By: _____

Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard and/or email to let you know when the plants will be available for pickup.





4-H Events



Get Involved in 4-H!

Alissa Ackerman

Alissa Ackerman
Agent for 4-H/Youth Development
Clay County
Email: alissa.ackerman@uky.edu

4-H Art Club

Members of the 4-H Art Club completed several holiday crafts/ornaments in December! Thank you, Ms. Pam, for your hard work and dedication!



4-H Cooking Club

In December, 4-Her's received holiday baking kits and created many great memories in the kitchen with family members!



4-H Paint Day

Families enjoy a fun holiday painting event for the Christmas season! We look forward to our next class in the Spring! We appreciate Kenna Spears for leading the class and our Clay County FYRSC for sponsorship!



4-H HOMESCHOOL Club



February 17th

Age 9-18

FREE!



If you are a homeschooler, we would love to have you join our 4-H Homeschool Club! We focus on a variety of topics and travel to new places every month to enhance our knowledge in many different areas! Please call 598-2789 to register.

4-H IN-SCHOOL CLUBS



Enrichment Programs

Programs offered:

- Bullying 101
- Career Readiness
- Character Building
- Communication/Leadership
- Financial Management
- Hygiene
- Manners
- Natural Resources
- Physical Activity/Nutrition



Take advantage of our awesome 4-H opportunities!

If interested in having 4-H in your classroom or afterschool, please call 598-2789 or email Alissa at alissa.ackerman@uky.edu.



4-H Art Club

FEBRUARY 18TH 4:00 PM
CLAY COUNTY EXTENSION OFFICE
69 JAMESON RD.

FREE & OPEN TO AGES 9-18
CALL 598-2789 TO REGISTER!

See you there!



JOIN THE

4-H Cooking Club

February 25th at 4:00 PM
Clay County Extension Office

Please call 598-2789 to register!

Each meeting focuses on new cooking skills & recipes!

FREE!!!



Ages: 9-18, if younger, an adult must be present



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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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 Disabilities accommodated with prior notification.



AMPLIFY
KENTUCKY 4-H



Kentucky 4-H Summit

Middle School Leadership Conference (6-8th grade)

March 20th – 22nd, 2025 | Price: \$200.00-Scholarships available
Lake Cumberland 4-H Camp

Make friendships with 4-H'ers from across the state
Service Projects | Fun Workshops | Find your spark
Opportunities to learn and grow!

Contact the Clay County Extension Office at 598-2789 for more info!

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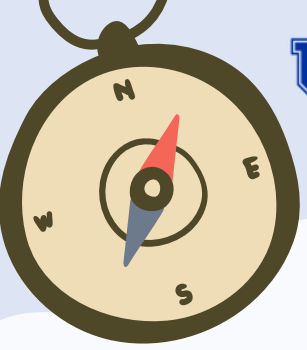
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Save the Date! 4-H Camp

JULY 22-25, 2025

J.M. Feltner 4-H Camp
Applications Available: April 1st!
Application Deadline: April 1st-18th!



Spots are very limited! Application & registration fee of \$35 are required to reserve your spot & are due back to the Clay County Extension Office by April 18th.
Camp Cost: \$75 (includes registration fee). You are welcome to pay the total fee on registration or pay the remainder by June 2nd.
Registration fees are non-refundable!



CAMPERS MUST HAVE COMPLETED 3RD GRADE/AGES 9-14
COUNSELORS IN TRAINING: AGE 15
COUNSELORS: AGE 16-18
AGE 18 AND UP WILL COMPLETE A BACKGROUND CHECK

For questions, please contact the Clay County Extension Office at 598-2789





BLUEGRASS BEGINNINGS BOUNDLESS FUTURES

Inspire Clay County's future leaders! Make your \$10 donation when renewing your Ag Tag this March and help fund 4-H programs that change lives. Every donation counts!



Kentucky Ag Tag

Your Ag Tag grows agriculture & youth in your community. Contributions are divided equally between Kentucky Proud, Kentucky 4-H and Kentucky FFA. Local 4-H Clubs & FFA Chapters receive half of those funds.

Clay County Clerk

Beverly Craft

((606) 598-2544102

Richmond Road, Suite 101, Manchester, KY 40962

Non-Discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

The UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



Family & Consumer Sciences

Building strong families. Building Kentucky. It starts with us!

Brandy Napier

Brandy Napier,
Agent for Family & Consumer Sciences
Clay County
Email: brandy.napier@uky.edu



With February being American Heart Month, now is a great time to learn about ways to lower your risk of developing heart disease. One of the best ways to do this is by following a heart healthy diet.

The Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet are widely accepted by scientists as being good for your heart. Both emphasize eating more whole grains, fruits, vegetables, legumes, seafood and lean meats, and fewer fatty foods and sweets. These recommendations are consistent with the U.S. Department of Agriculture's MyPlate. Both the DASH and Mediterranean diets also encourage followers to incorporate physical activity into their day. In addition to being heart healthy, both diets may help you lower your risks for developing type 2 diabetes and some cancers.

The Mediterranean diet has been named one of the best diets in the world on numerous occasions. It focuses on using food to develop the foundation for a healthy lifestyle, rather than following a strict diet. It gets its name from its origins in countries like Greece and Italy that border the Mediterranean Sea.

In addition to being a heart healthy diet, studies strongly suggest that individuals who follow the Mediterranean diet have lower levels of LDL "bad" cholesterol, lower blood pressure, weight loss or weight maintenance, improved eyesight, improve brain function, increased joint relief from rheumatoid arthritis and may live longer.

The DASH diet is designed to help people lower their blood pressure. In addition to consuming nutrient-dense foods, it focuses on lowering sodium intake and eating the correct portion sizes. By following the DASH diet, you may be able to lower your blood pressure by a few points within a couple of weeks. Long-term followers have been able to lower the top number of their blood pressure between eight and 14 points, which reduces their risk for heart disease. The diet is consistent with dietary recommendations for lowering your risks for osteoporosis, and stroke.

For more information on ways to eat healthy, contact the Clay County Cooperative Extension Office at 598-2789.

2025 Homemaker Grab & Go Kits

Quarterly Grab & Go Crafting Kits are now available to all paid Clay Extension Homemakers. These kits contain the materials and instructions for creating a craft at home. Kits can be picked up in the office Monday-Friday from 8:00 AM - 4:00 PM. The next kit will be available in March.



Homemaker Card Club

Would you like to learn how to make beautiful greeting cards? Join our Homemaker Card Making Club, led by Gail Voyles! We meet the 2nd Tuesday of every month at 1:00 PM at the Clay County Extension Office. We always welcome new members. If you are not already a paid Homemaker, dues are \$12 annually. Your annual Homemaker dues allow you to join any of our Homemaker Clubs. Our next meeting will be February 11th!

Create & Inspire Homemaker Club

Create & Inspire is Clay County Extension's newest Homemaker Club. Led by Lona Cornett, Create & Inspire meets the second Friday of each month from 10 AM - 5 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. Create & Inspire provides a warm, welcoming, and fun atmosphere that gives members the opportunity to connect with others as they work on their favorite craft or hobby. As an added bonus, members have ample space to spread out their materials and allow their creativity to flow! Bring your project and join us for a creative and inspiring day! Our next meeting will be Friday, February 14th. If you are not already a paid Homemaker, dues are \$12.00 annually. Call 598-2789 for more information.



Pins & Needles Homemaker Club

The Pins & Needles Homemaker Club is led by Laura Garrison and meets the 3rd Saturday of every month at 10:00 AM at the Clay County EXCEL building, 86 Muddy Gap Road. This club always welcomes new members! Bring your materials and join us with your sewing projects. Don't know how to sew, no problem...we will teach you! If you're not already a paid homemaker, dues are \$12 annually. Call 598-2789 for more information. Our next meeting will be the Layer Cake Quilt retreat on February 14th-16th. See details on following page.



Estate Planning

Estate planning can be a stressful topic, nevertheless, it is an important task that should not be delayed. Please join us for an estate planning seminar on February 3rd at 5:00 PM at the Clay County Extension Office. The Honorable Clint Harris will be joining us to share his expertise. Please call 598-2789 to register.

Join us as our Mental Health Monday's series continues. On Mental Health Mondays, we focus on improving mental health through mindfulness practices, self-care, creative expression, and fellowship. Each session aims to help you develop stress reduction techniques and coping skills and will also provide an opportunity to practice self-care through crafting and connecting with others. Mental Health Mondays are held at 5:00 PM at the Clay County Extension Office. Please call 598-2789 to register.



Mental Health Monday dates for February are February 10th at 5:00 PM and February 24th at 5:00 PM. Upcoming crafts will be available to view on Facebook as those dates near.

Pins & Needles Layer Cake Quilt Retreat

The Pins & Needles Extension Homemaker Club will be holding a Layer Cake Quilt retreat on February 14th-16th at the EXCEL Building, 86 Muddy Gap Rd. This will be a free retreat for club members, a \$20 registration fee will be required for non-club members. Needed fabric supplies for this quilt include 1 layer cake (may substitute with 4 charm packs or 38 sets of 4-5" squares), 2 ¼ yards of background fabric, and 1 yard accent fabric.



Baked Egg Cups

Servings: 6

Serving Size: 1 egg cup

Ingredients:

- Cooking spray
- 6 slices of thin cut deli style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)



Nutrition facts per serving:

110 calories; 5 g total fat; 2 g saturated fat; 0 g trans fat; 225 mg cholesterol; 360 mg sodium; 3 g carbohydrate; 0 g fiber; 13 g protein; 10% Daily Value of vitamin A; 20% Daily Value of Vitamin C; 6% Daily Value of calcium; 6% Daily Value of iron

Source: Adapted from Vanessa Lair, Madison County Extension Volunteer

Directions:

- Preheat oven to 350°F.
- Spray 6 muffin tin cups with cooking spray.
- Arrange meat slices so they line the muffin cup.
- Break an egg into each cup, gently breaking the yolk with a sharp knife.
- Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
- Place muffin tin in oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
- Remove from oven and quickly sprinkle with shredded cheese. Serve right away.



RETURN SERVICE REQUESTED

Your paragraph text
Your paragraph text
Your paragraph text

The Clay County Extension Office greatly appreciates all volunteers and sponsors for making our Cookies With Santa Community Event possible! We look forward to seeing everyone next year!

