

Jefferson County Extension Service

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

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COUNTY-WIDE NEWSLETTER

September 2022

Welcome!

Kentucky Cooperative Extension is the educational resource for all Kentuckians that serves as a catalyst to build better communities and improve quality of life. **This is our vision.** We are here to enrich the lives of everyone in Jefferson County. Anything from a soil test to recipes to activities for kids to the latest advancements in farming. *Got Questions? We have the answers!*



Kentucky's two land-grant universities, the University of Kentucky and Kentucky State University, serve as partners in conducting educational programs through Cooperative Extension. The program delivery process involves Extension faculty, county agents, advisory council members, volunteer leaders and the general public.

Sustaining strengthens an organization by adding stability, credibility and continuity.

Turning West Louisville Lots into Gardens

By Wayne Long, ANR Agent and County Coordinator

Turning vacant lots that the city owns into community gardens is the focus of a three-year fellowship I am currently working on. The majority of lots tested have shown traces of lead contamination from old lead-based paint – even though the houses are long gone. You can still plant pollinators, fruit trees or install raised beds. These gardens can make a big difference because there is so little access to fresh food on the west side of town.

Wave 3 did a news story about this project. You can go to <https://www.wave3.com/2022/06/17/more-than-300-empty-west-louisville-lots-could-become-community-gardens/?fbclid=IwARoN9pwBI88WID-BzJ54GpOX1COiFs6kWh91NzdqEDeM8B3RoUFUcD5mvxk> to see the whole interview.



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Outdoor Cooking at 4-H Camp

By Ami Koralia & Karen Kummer, 4-H Program Assistants

This year we were able to carry on the tradition of outdoor camping. Everyone loves Campfire Stew! We love seeing so many familiar faces while we were at camp. We are looking forward to more programs in the fall with these kiddos!



Here is the top-secret recipe:

1 seasoned hamburger patty
1 can of Campbell's vegetable soup.

Cook 1 hamburger patty in skillet until brown, add 1 can of vegetable soup and heat until warm.

Enjoy!



4-H Photography Club

By Ami Koralia, 4-H Program Assistant

We finished our year of photography with a bang!

We were able to make three different photography fair entries for the county fair in one night! We even were able to make salsa with the wonderful Ms. Karen and take pictures for the healthy foods section! These kiddos have done fabulous. Looking forward to the photography starting back up this fall.

Photo by Mirabella Koralia



Hidden Treasures Garden Tour 2022

Recently long-time friends of the Jefferson County Extension Service were kind enough to have a booth at the Hidden Treasurer Garden Tour. Lisa O'Guin and Bob Hopkins were kind enough to set up an information booth and help spread the word about the Cooperative Extension Service. Watch for us out in the community! Please call the office if you would like a representative at your next community event.



Photos by Lisa O'Guin



Summer Corn and Couscous Salad

3 ears sweet corn, shucked and washed
1 cup low-sodium chicken broth
1 cup uncooked couscous

1 cup garbanzo beans (chick peas), drained and rinsed
1 medium cucumber, washed, quartered and diced
1 ½ cups cherry

tomatoes, washed and halved
½ cup feta cheese
¼ cup chopped sweet onion
3 tablespoons minced fresh parsley

Dressing:
3 tablespoons olive oil,
3 tablespoons lemon juice, **1 teaspoon** dried oregano, **¼ teaspoon** ground cumin,
½ teaspoon each, salt and pepper

Boil corn for 6-9 minutes or until tender. **Drain** corn and immediately place in ice water. **Drain** ice water and **pat** corn dry; using a sharp knife **cut** the corn kernels from the cobs. In a separate saucepan, bring broth to a **boil** and **stir** in couscous. **Remove** couscous from heat, cover and let **stand** 5-10 minutes. **Fluff** couscous with a fork and set aside to cool. In a large bowl, **combine** the beans, cucumber, tomatoes,

cheese, onion and parsley. **Add** couscous and corn to the vegetables. In a small bowl, **whisk together** the dressing ingredients. **Pour** over the couscous mixture; **toss** to coat. **Serve** chilled.
Yield: 9, 1 cup servings
Nutritional Analysis: 200 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 28 g carbohydrate, 4 g fiber, 5 g sugar, 7 g protein



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

J^oTown Library

By Karen Kummer, 4-H Program Assistant

4-H youth joined us at the J-town Library this month for a fun filled hour of learning how to chop and dice fruits for the Watermelon Salsa. The kids absolutely loved it and so did the parents! We hope you try this recipe. Find this and other great resources on UK's College of Agriculture, Food and Environment's website featuring ways to get you and your whole family to **Plan. Eat. Move!**

<https://www.planeatmove.com/>



Watermelon Salsa

2 cups chopped seedless watermelon
1 cup fresh blueberries
1 cup chopped cucumber
½ cup chopped onion

½ cup chopped red pepper
½ teaspoon garlic salt
1 teaspoon lime juice
2 tablespoons balsamic vinegar

Combine watermelon, blueberries, cucumber, onion and pepper in large serving bowl. **Sprinkle** with garlic salt. **Toss** to coat. **Stir** in lime juice and balsamic vinegar. **Cover** and **chill** one hour.

Yield: 10, ½ cup servings
Nutritional Analysis:
25 calories, 0 g fat,
0 mg cholesterol, 50 mg sodium,
7 g carbohydrate, 1 g fiber,
5 g sugar, 1 g protein.



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2022 4-H Camp by the numbers!

JEFFERSON COUNTY

1

190 campers of all ages traveled a total of 300 miles to beautiful Lake Cumberland June 6 - 10



2

34 CITs & Teen Leaders applied, interviewed and went through training - gaining leadership experience and skills they'll use for years to come!



3

23 adult volunteers gave up a week of their summer to come to camp.



4

There were 70 first time campers this year!



Oooh I want to linger...

5



Search "Jefferson County 4-H" to see all the pictures on Facebook!

State Cost Share Applications due to the Conservation District by Monday, October 17, 2022

The Jefferson County Conservation District will be accepting requests for cost share funding under the Kentucky Soil Erosion and Water Quality Cost Share Program. This program was created to assist agricultural operations in protecting the soil and water resources of Kentucky. This program allows funds to be administered through conservation districts with priority given to animal waste related problems. This program contains best management practices that include rotational grazing systems, alternative watering systems, heavy use feeding areas, sinkhole protection, grassed waterways, and vegetative critical areas, just to name a few examples.

Funding for practices will be approved by the Kentucky Soil and Water Conservation Commission as funds are available. Approved applicants are reimbursed at a 75% cost share rate for installing practices up to the maximum amount allowed per applicant per year. Applications may be requested at any time during the year and are ranked annually. Applications will be accepted by the Conservation District until Monday October 17th. Please contact the conservation district for an application. Phone: 502-499-1900. Email: soiltech@jeffcd.org



Jefferson County Culinary Challenge Teams

By Chanda Hall, Agent for 4-H Youth Development Education

According to research involving kids in the kitchen, cooking can help build basic math and reading skills, encourage an adventurous palate, invite youth to explore their senses, and boost confidence (Garvin, 2021). When kids are able to cook it helps to increase their self-confidence and lay the foundation for healthier eating habits. In Jefferson County, there are limited occasions for inner-city youth to participate in hands-on cooking programs. Improving cooking skills and knowledge of foods helps to promote healthy eating habits. According to Thomas & Irwin, food and cooking skills/food preparation are important for several reasons related to health, knowledge, empowerment, engagement, culture, food security, and fun. An engaging cooking skills program targeting youth builds self-efficacy, food knowledge and literacy, self-confidence, and self-esteem, while potentially improving the social determinants of health.

For the first time in Jefferson County history, we have developed 2 culinary challenge teams. one Junior Team and one Senior team, composed of four members each (eight total). The individuals were selected based on their involvement in our past cooking classes. These individuals were some who practiced the best cooking skills that were taught as well as had enthusiasm for being in the kitchen. For the past eight weeks, youth has been learning and practicing their culinary skills to prepare for the State Culinary Challenge held the second week of August. The Kentucky 4-H Culinary Challenge fosters mastery of food preparation and food safety skills; belonging by working together to accomplish a goal; independence by developing the skills needed to eat healthy foods for a lifetime, and generosity by teaching these skills to others.

From the training received thus far 100% of the participating youth have learned skills that have helped them at home preparing meals with/for their family. 50% of the participants have expressed an interest in culinary as a career choice. 100% of the youth are more confident about their cooking abilities in the kitchen. The participants are eager about taking what they have practiced and learned and using it during the state challenge.

At the state competition, participants will be challenged to create a dish using three secret ingredients, supplemented with items from the pantry. They will rely on the skills learned rather than a recipe. Teams present their creation to the judges, explain their decisions, and the preparation skills involved, talk about the nutritive value of the food on the plate and determine the number of servings from the food groups included.

Gavin, Mary MD (2021). Cooking with Pre-Schoolers. <https://kidshealth.org/en/parents/cooking-preschool.html#:~:text=Cooking%20can%20help%20young%20kids.and%20some%20simple%20prep%20work>.

Thomas, H. M., & Irwin, J. D. (2011). Cook It Up! A community-based cooking program for at-risk youth: overview of a food literacy intervention. BMC Research Notes, 4(1), 495. doi:10.1186/1756-0500-4-49



Meet the Jefferson County Extension Service

4-H Agents

Chanda Hall
Louis Milligan
Kelly Smith
Patrice Thompson

4-H Assistants

Ami Koralia
Karen Kummer
Donna Thompson

Support Staff

Donna Browne
Phillis Mudd

Horticulture Agent Agriculture & Natural Resources

Bethany Pratt Wayne Long, Agent for ANR and County Coordinator

Family & Consumer Sciences

Paul Adkins

Nutrition Assistants

Clarissa Cheatwood
Susanna Diller
Keshia Maddox
Omar Miralles
Tonie Thomas
Joel Worth

COOPERATIVE EXTENSION



Jessica Marquez, KSU
Community Resource Development Agent

It starts with us

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