

Jefferson County Extension Service

Cooperative Extension Service



Jefferson County
4200 Gardiner View Avenue, Suite 101
Louisville, KY 40213-1877
Phone: (502) 569-2344
www.ca.uky.edu/ces

COUNTY-WIDE NEWSLETTER

November 2023

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!



Family Camping Experience with Kerrick and Eisenhower Elementary Schools

By Chanda Hall-Jefferson County 4-H & Youth Development Agent

For the first time ever, Jefferson County 4-H hosted 13 families from both Eisenhower and Elementary Schools at Jefferson Memorial Forest! A partnership with JCPS Family Resource Centers, Accelerating Hills, Eisenhower PTA, and 4-H volunteers made this dream a reality. 13 families and 5 volunteers totaling 56 people in attendance.

Through hands-on experience, reflection, and transferable skill development, the Jefferson County 4-H program fostered transformative education. Rooted in experiential education, youth participate in intentional, challenging, and group-based activities that promote wellness, positive relationships, and care for the environment through active experience in the outdoors. This family camping experience aimed to instill an appreciation for the outdoors by providing space for significant learning and leadership cultivation.

For more than half of our participants, this camping experience was their first experience. It provided an opportunity for relationship building, opportunities to learn and develop new skills, unplugging and getting away from screens, connecting with nature, stress reduction, and increasing physical fitness. With the support of the Fish and Wildlife Fishing Pole Loaner Program and 4-H Volunteers, families were able to fish. Participants created vivid memories creating a feeling of accomplishment and empowerment.

We are thankful for all the families who explored nature with us! We are looking forward to more camping experiencing and offering a wilderness program at both schools.

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.

Enroll to be a Jefferson County 4-Her

By Chanda Hall & Kelly Smith, 4-H Youth Development Agents

To receive updates on events and activities please visit this link to enroll and join our Jefferson County 4-H Program.

This year will be a blast! Jefferson County 4-H Registration: <http://tinyurl.com/2s3dy49a>

Jefferson County Extension Service, 4200 Gardiner View Ave, Louisville, KY 40213 Suite 101
Phone: (502) 569-2344 <https://jefferson.ca.uky.edu/>



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

JEFFERSON COUNTY 4-H 2023 SUMMER/FALL COMMUNITY PROGRAMS



Please register for these programs by using the following link:

<http://tinyurl.com/2s3dy49a>

4-H Teen Club

4200 Gardiner View Avenue, 40213
1st Thurs each month
7:00 p.m - 8:00 p.m
For any teen age 13 and up.
Sept. 7 Oct. 5 Nov. 2 Dec. 7
Email Kelly Smith,
kelly.mcdonough@uky.edu to get
on the email distribution list.

4-H Photography Club

Riverside Farnsley-Moreman
7410 Moorman Rd, 40272
4th Tuesday 6:00 p.m - 7:00 p.m
Sept. 26 Oct. 24 Nov. 28

Jefferson County 4-H Horse Club

We offer 3 horse clubs throughout
the county. Please contact Kelly
Smith, kelly.mcdonough@uky.edu
for more horse club information.

4-H Fair Days

4200 Gardiner View Avenue, 40213
3rd Thursdays 5:00 p.m - 7:00 p.m
Sept. 21 Biscuits
Oct. 19 Place Settings & Invitations
Nov. 16 Chocolate Cake

4-H Art Club Farm Bureau Building

4200 Gardiner View Avenue, 40213
2nd Tuesdays~ 6:00 p.m - 7:00 p.m
Sept. 12- Making Magnets
Oct. 10- Macrame'
(additional meetings below)
Nov.14- Candle Making
Dec. 12 Ornaments & Mints

Macrame' with Mrs. Barb

4200 Gardiner View Avenue, 40213
6:00 p.m - 7:00 p.m
Oct. 3 Oct. 10 Oct. 17

4-H Garden Club

4200 Gardiner View Avenue, 40213
3:00 p.m - 4:00 p.m
Aug. 14
Sept. 11
Oct. 9
Nov. 13
Dec. 11

SET - Coding Sphero

4200 Gardiner View Avenue, 40213
**Participants must have a bluetooth capable device (cell
phone, ipad, tablet, laptop, etc)
1st Thursdays~ 6:00 p.m -7:00 p.m
Oct. 5
Nov. 2

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

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color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State
University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



JEFFERSON COUNTY 4-H 2023 SUMMER/FALL LIBRARY PROGRAMS

Please register for these programs by using the following link:

<http://tinyurl.com/2s3dy49a>

Southwest Library

4-H Homeschool Club with Officers

9725 Dixie Highway, 40272
1st Tuesday ~ 1:00 p.m - 2:00 p.m
Sept. 5- Vision Boards Oct. 3- Officer Election
& Photography Nov 7- Voting & Smoothie
Dec 5- Club Choice

Jeffersontown Library

4-H Homeschool Program

Science in the Kitchen
10635 Watterson Trail, 40299
3rd Tuesday ~ 1:00 p.m - 2:00 p.m
Subject: Science in the Kitchen
Sept. 19 Oct. 17 Nov. 21

Northeast Library

Art Club

15 Bellevoir Circle, 40223
1st Thursday ~ 5:00 p.m - 6:00 p.m
Sept. 7- Photography (Keep it Steady)
Oct. 5- Clay
Nov. 2 Photography (Bugs Eye View)
Dec. Cards & Mints

Iroquois Library

4-H Homeschool Club

601 W. Woodlawn Avenue, 40215
2nd Thursday ~ 1:30 p.m - 2:30 p.m
Subject: Adventures in Agriculture
Sept. 14 Oct. 12 Nov. 9

Southwest Library

Teen Night, Art and Photography

9725 Dixie Highway, 40272
3rd Monday ~ 4:00 p.m - 5:00 p.m
Sept. 18- Jewelry Making
Oct. 10 Pumpkin & Paintings
Nov. 20- Cards & Ornaments

South Central Library

4-H Cooking

7300 Jefferson Blvd, 40219
4th Tuesday~ 3:30 p.m - 4:30 p.m
Sept. 26 Oct. 24 Nov. 28

Northeast Library

4-H Cooking

15 Bellevoir Circle, 40223
2nd Thursday ~ 6:00 p.m - 7:00 p.m
Sept. 14 Oct. 12 Nov. 9 Dec. 14

4-H Cloverbud Programs 6yr-8yr olds

Sept. - The Sun
Oct.- The Moon
Nov.- The Stars
Dec. - Mars

Southwest Library ~ 2pm-3pm,
9725 Dixie Highway, 40272
Oct. 14 Nov. 11 Dec. 9

J-Town Library ~ 1pm-2pm
10635 Watterson Trail, 40299
Sept. 18 Oct. 16 Nov. 20

Iroquois Library ~ 1:30pm-2:30pm
601 W. Woodlawn Avenue, 40215
Sept. 26 Oct. 24 Nov. 28



2024 4-H CAMP – JUNE 3-7, 2024



JEFFERSON COUNTY 4-H SUMMER CAMP

AT LAKE CUMBERLAND

Our experienced and skilled staff strive to provide a safe and supportive environment for children to learn, grow and make new friends.

REGISTRATION INFORMATION WILL
BE AVAILABLE JANUARY 2024



Sewing – Teaching a Life Skill

By Chanda Hall & Kelly Smith, 4-H Youth Development Agents



Studies indicate that sewing is not only a productive hobby and life skill, but it can also reduce stress and increase an individual's feeling of self-worth. The Jefferson County 4-H Agents, 4-H assistants, and a County Master Clothing Volunteers planned a sewing Day Camp for 18 youths. This program was a free 2-day camp. Students learned beginning sewing skills, sewing machine functions and use, textile construction, recycling of material, and nutrition.

Guiding the youths throughout the camp were 2 Master Clothing Volunteers and 5 additional

volunteers. Participants learned the importance and how to utilize multiple stitches. 50% of the participants had never used a sewing machine before. Although 50% had never used a sewing machine 80% of the youths had never completed a sewing project. This program gave more experienced youths the opportunity to share their knowledge and skills with other participants, drawing on the 4-H motto "Learn by doing". By sharing their knowledge and helping others, they strengthened their leadership and public speaking skills. Each day participants learned a SNAP recipe and made healthy choices. The youths represented multiple schools and areas within Jefferson County.

Camp participants mastered this program by successfully making a reusable tote bag and denim pillow. Local volunteers donated the material. The creation of a reusable tote bag opened the discussion of sustainability.

These projects can be entered in the 2024 Jefferson County 4-H Fair. The 4-Hers were proud of their newly developed sewing skills that would last a lifetime. Upon conclusion of the day camp, 100% of the campers felt comfortable with utilizing a sewing machine, 85% understood the basics of sewing patterns and directions, and 100% of the participants felt encouraged and comfortable to sew a project on their own. The Jefferson County 4-H program is planning to host another sewing camp in the spring and discussed offering some additional sewing clubs led by 4-H volunteers in other parts of the county.

Family and Consumer Sciences Update

By Carolina Robles-Family and Consumer Sciences Agent for Education



The Family and Consumer Science Department focused on building programs that address health and nutrition problems in the community. From working with local food pantries, volunteering at the Gray Street Farmers market, creating food preservation programs, and working side by side with the Homemakers Club to encourage different educational activities in the Jefferson County Area. These events sought to provide tools for individuals and families to use in their everyday lives, building stronger community connections, and increasing overall nutritional health knowledge.

FCS and NEP Sampling Days at Gray Street

By Susanna Diller-Yoke, Staff Support Associate II, NEP and Carolina Robles-Perez, FCS Agent



Over the 2023 growing season the Jefferson County Nutrition Education Program collaborated with the Family and Consumer Science Department, and Common Earth Gardens to increase the availability of fresh, locally grown food in downtown Louisville. NEP assistants and the Family and Consumer Science Agent provided community members with the opportunity to try traditional recipes made with locally sourced, healthy, affordable, and quality ingredients, which helps to address the issues of food access and insecurity.

The goal of this collaboration has been to showcase how Kentucky's diverse and multicultural communities prepare healthy meals by partnering with international farmers to bring their experience and knowledge to our sampling table. Our team is excited to highlight healthy meals from our farmers' countries of origin and increase the support of our local food systems.

Please join us for our next sampling day! The Gray Street Farmers Market is open every Thursday 10:30 a.m. to 1:30 p.m. through Oct. 26th and is located at 500 E. Gray Street in Louisville, Kentucky.

For more information, reach out to the Jefferson County Extension Office at 502-569-2344.



Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided

1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped

½ cup all-purpose flour
⅔ cup quick cooking oats
3 tablespoons butter
¼ cup chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, **combine** flour, oats, and ⅓ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
- 6. Sprinkle** mixture over apples.
- 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

Yield: 16, ¾ cup servings.

Nutritional Analysis:

240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.



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

Kentucky Sweet Potato

SEASON: All year—peak season is October through March.

NUTRITION FACTS: Sweet Potatoes are a good source of fiber, complex carbohydrates and vitamins A and C.

SELECTION: Two varieties of sweet potatoes are grown in Kentucky. The pale sweet potato has a light-yellow skin and pale-yellow flesh that is dry and crumbly. The darker variety has a dark skin and orange sweet flesh that cooks up moist. Choose small to medium-sized ones with smooth, unbruised skin.

STORAGE: Store unwrapped in a cool (50 degree) dry, dark place with good ventilation for up to 2 months or at room temperature for 2 weeks.

PREPARATION: Scrub well. Leave whole or peel, then slice, dice, or shred. Baking: Pierce skin in several places and rub with margarine if desired. Arrange in a single layer and bake uncovered in a 375° F oven until soft when squeezed (45-60 minutes.)

Boiling: In a 3-quart pan, boil 4 whole medium-size potatoes, covered in 2 inches water until tender when pierced. Drain.

Microwaving: Pierce skin, place on a paper towel in microwave. If cooking more than 2 at a time, arrange like spokes. Microwave on high, turning halfway through cooking time. Allow 4-5 minutes for one potato.

Source: www.fruitsandveggiesmatter.gov. Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences.

2023 Winter Cover Crop Giveaway for Community Gardens

By Jennifer Palmer, Extension Agent, Horticulture



Jefferson County Cooperative Extension Service in partnership with the Jefferson County Soil and Water Conservation District distributed cover crop seeds to the community gardens in Jefferson County. The cover crops will improve the soil quality of the community gardens by acting as a fertilizer and by helping prevent soil erosion. The cover crops will also have the benefit of improving water quality in the area by preventing runoff. Another benefit will be an increase in wildlife habitat over the winter thus adding a layer of beauty in an area that would be bare and creating a green space over the winter that is aesthetically pleasing. The gardeners will also benefit from weed suppression that the cover crops offer during the off season. The 2023 Garden Cover Crop seed Winter Kill Mix includes Winter Wheat, VNS Winter Oats, Austrian Winter Peas, Rape Seed, and Crimson Clover. This mix will protect the soil from erosion, improve soil structure and add nutrients back into the soil.

If you have any questions on cover crops or horticulture, please contact Jennifer Palmer at 502-569-2344 or jennifer.palmer@uky.edu.



FREE SOIL TESTING for Jefferson County Residents

Sponsored by the Jefferson County Soil and Water Conservation District

Soil Samples

Although fertilizer, lime, and other amendments can be very helpful in establishing happy, healthy plants and lawns, they pose a risk if not used properly. Excess fertilizer and chemicals wash away with rainwater and pollute our local streams and waterways. The first guideline of responsible fertilizer application is to take a soil sample and have it analyzed to determine fertilizer needs. The Jefferson County Soil and Water Conservation District (SWCD) is offering a soils test incentive program to offset the cost for Louisville Metro residents. The SWCD will provide up to 2 vouchers per household to cover the processing fee for a standard soils test. You can fill out a voucher form in our office.

A Standard soil test is \$8 per sample. Lead testing is \$22 per sample. Check or money order only.

Bring two cups of dry soil per sample to the Jefferson County Cooperative Extension Service at 4200 Gardiner View Avenue, Suite 101, Louisville, KY 40213 (inside the Jefferson County Farm Bureau building) for testing.

You will want a representative, random sample from the area you are interested in testing. Sample gardens, lawns, and landscaped areas separately. Collect cores randomly from each area. The area to sample for trees includes the soil below the width of the tree. For shrubs, flower beds, and gardens, sample just the soil where the plants are growing. You should sample problem areas and areas with shrubs, trees, or flower beds separately from other turf or lawn areas. **Do not sample:**

- compost areas,
- under the drip-line of trees, and
- close to driveways or streets.

WELCOME TO OUR TEAM!

Join us in welcoming to our Jefferson County Extension Office the following:



Connie Jackson, Support Staff Assistant Connie.Jackson@uky.edu

Connie has a strong background in accounting and history of working with the public. She obtained her Bachelor of Arts degree in Accounting from Bellarmine University.

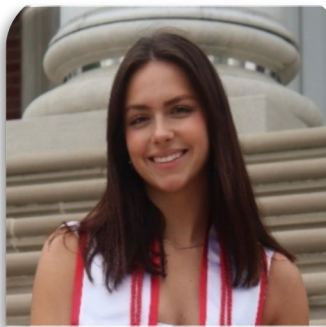
She understands the importance of teamwork and is enthusiastic about working for Jefferson County Extension. She very much looks forward to becoming a great asset to our team!



Keisha Bruce, NEP Assistant Keisha.bruce@uky.edu

Keisha's work experience has been primarily in the healthcare industry but she has always longed for a more community centered path. She, at an early age, developed a strong relationship with extension offices. As a child, she and her sisters were impacted firsthand during the visits made by a woman from an extension office to train her mother on her on how to cook with what they had. Now, she is the proud mother of two beautiful rambunctious boys, Adrian (10) and Jonathan (4). She shares with her family the love of hiking, foraging, the outdoors and being one with nature. One of her greatest passions is raising a garden and harvesting what has been grown to create nutritious meals for her family.

She is so very excited to have this opportunity to make an impact in her community and thrilled to be a part of our team!!



Taylor Candey, NEP Assistant Taylor.candey@uky.edu

Taylor is originally from Kalamazoo, Michigan, but moved to Louisville to attend the University of Louisville where she graduated this past May and received her bachelor's degree in public health. She is currently finishing her final year of MPH with a concentration in policy (two of her main focuses in her master's program are nutrition and agricultural policies!). She has always loved cooking, sharing meals with friends and family, and has always been passionate about working with the Louisville community.

She is extremely excited to work with Extension and connect with different community members and organizations to make a positive change in Kentucky nutrition!!



Masha Egorenko, NEP Assistant Masha.egorenko@uky.edu

Masha is originally from Siberia, Far Eastern Russia, and immigrated to the US when she was nine with her mother. She spent her teenage years in Los Angeles, CA, and the last decade or so in Portland, OR where she completed her BA in International Affairs and minored in Political Economy and Mandarin Chinese. Also, while in Portland, she was part of and worked closely with immigrant and refugee communities. She enjoys cooking, exercising, reading, dancing, being outdoors, spending time with loved ones and critters, travelling, learning new languages, gardening which she learned from her mother and picking up new crafts and activities!

Although, she has moved around considerably in her life, she is now happy to say that she has chosen to settle in Louisville. She is enthusiastic to be a part of this team and work with the Louisville community!!

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

Connie Jackson
Phillis Mudd

Horticulture Agent

Jennifer Palmer

Agriculture & Natural Resources

Von Barnes, Urban Agriculture Extension Agent

Family & Consumer Sciences

Paul Adkins, Area Extension Agent KYNEP
Susanna Diller-Yoke, COTA/L, Staff Support
Carolina Robles, FCS Agent for ED

Nutrition Assistants

Clarissa Cheatwood
Kesha Reams
Omar Miralles
Keisha Bruce
Taylor Candey
Masha Egorenko

Cooperative Extension Service



LeTicia Marshall
Local Food Systems Justice Coordinator

Jessica Marquez
Community Resource Development Agent

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.

It starts with us

Cooperative Extension Service - Jefferson County

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Jefferson.ca.uky.edu

Below is the University of Kentucky Community Assessment survey. Please help us by taking a few minutes to fill out the survey. You can click on the link in the paragraph below this one OR scan the QR code on the publication below.

The purpose of the community assessment is to gather quantitative data to help identify and prioritize community needs, issues, and/or opportunities that KY Extension may address through targeted educational programming and engagement efforts. Participants can access the survey using this [link \(go.uky.edu/serveKY\)](http://go.uky.edu/serveKY) or via a QR code published on recruitment and marketing materials.

Thanks so much for your help!



HOW CAN WE **serve you??**

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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Disabilities
accommodated
with prior notification.

Contact your local Extension Office for a paper copy of the survey.