

EDMONSON COUNTY NEWSLETTER FALL /WINTER 2025

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KENTUCKY COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

(270)597-3628

116 Mohawk Street
Brownsville, KY 42210

Top News:

We had a great turn out for the County Fair this year. Over 100 4-H entries.

There were increased entries this year for the Homemakers Cultural Arts Contest. We have 3 Homemakers going to State.

Our Blessing Box is now installed and ready for donations. Knox White a local 4-Her collaborated with our EC Homemakers to bring the blessing box to the community. Please help us by bringing what you can to fill our box for the community members who are in need.



2025 4-H Country Ham

**ASHER
MELLO**
Edmonson Co.



2013-11 year old
Smoked Ham Division
Champion

We are so proud to announce that Asher Mello is the 11 year old Grand Champion Winner at State Fair for his Country Ham that he prepared at Clifty Farms!



Keeping the title in Edmonson County, your 2026 Cupcake Wars State Champs!!!

Congratulations to "Sweet Treasures" Julian Denham and Kayelynn Turner for bringing home the win with their "Witches Brew" Mocha Cupcake and their AMAZING Maple Pecan Cupcake



October 5-11

National 4-H Week



A New 4-H Year Brings Fresh Opportunities for Youth

September 1 marked the beginning of a brand-new 4-H year, and with it comes a wide range of opportunities for youth across our community to learn, lead, and grow. Whether a young person is brand new to 4-H or has been active for years, this is the perfect time to explore clubs, projects, and programs that spark their interest.

Clubs for Every Interest

From livestock, Lego, school clubs to arts, cooking, and leadership development, 4-H clubs give youth the chance to connect with peers who share their passions. Joining a club means building lifelong friendships, developing skills, and learning from dedicated volunteers and mentors. Youth can join multiple clubs depending on their interests, making it easy to try something new while continuing with familiar favorites.

Programs and Events Throughout the Year

The 4-H year is packed with opportunities beyond the club level. Youth can attend camps, participate in county, area, and state events, and showcase their work at fairs and contests. Leadership programs such as Teen Club and ambassador roles allow older youth to sharpen their skills, while community service projects provide ways to give back locally. Each season brings new events and experiences, ensuring there's always something exciting on the horizon.

Why Get Involved Now?

Beginning the year with 4-H helps youth take full advantage of the wide variety of programs available. Early involvement gives members time to prepare projects, apply for leadership roles, and participate in events from the very start of the 4-H cycle.

It also allows youth and families to connect with other members, leaders, and stakeholders who share a commitment to positive youth development.

How to Join

Enrollment is open now for the 2025-2026 4-H year. Families are encouraged to contact the Extension Office or Club Leaders for enrollment forms, club schedules, and information on upcoming events. Whether youth are interested in animals, leadership, STEM, healthy living, or the arts, 4-H has something for everyone.

Let's make this 4-H year the best yet by encouraging youth to take advantage of the many opportunities that await them. Together, we can grow leaders, strengthen our community, and create experiences that last a lifetime.



Upcoming in 4-H

October

Horse Club: 10/6 & 10/20 @6:00pm

Lego Club: 10/13 @3:00pm (ECPL)

Cooking Club: 10/14 @3:30pm

Farm Safety Day: October 17

South Edmonson Meeting: 10/21

Kyrook Meeting: 10/23

Homeschool Club Jackson's Orchard: 10/24

Pet Show , Poultry Show, Horse Show: 10/25

Art Club: 10/28 3:30pm

Middle School Teen: 10/29

High School Clubs: 10/31

Trunk or Treat on the Square: 10/31



**KENTUCKY STATE
UNIVERSITY**

College of Agriculture, Community, and the Sciences



Bridgett Poteet
KSU 4-H Youth
Development Agent

bridgett.poteet@kysu.edu

Agriculture and Natural Resources

2025 SOKY

COMMERCIAL PESTICIDE TRAINING

NOVEMBER 17, 2025

\$50 per person/day

Logan County Extension Office
255 John Paul Rd. Russellville, KY 42276
270-726-6323 or Your Local Extension Office

Make checks payable to: **MCACAA**

Commercial CEU's Available

KY CEU's : cat. 1A, 3, 4, 10, 11
TN CEU's : 2 pts (cat. 3, 6)
5 pts (cat. 1)
6 pts (10, 12)

CCA CEU : SW 1, IPM 2, CM 2, PD 1

Not confirmed

8:30 - 9:00 am	Registration & Refreshments
9:00 - 9:50 am	Updates in Seed Treatment Technologies - Dr. Kiersten Wise
10:00 - 10:50 am	Pest Control in Aerial Applications - Jeremy Sandifer, KSU
11:00 - 11:50 am	Important Pest Update & Runoff Midigation - Dr. Ric Bessin
11:50 - 12:20 pm	Lunch
12:20 - 1:10 pm	Sprayer Calibration - Dr. Ric Bessin
1:10 - 2:00 pm	Transportation Regulations - Officer Michael Smith, KSP
2:00 - 2:50 pm	Weeds & Pest Management - Dr. Kenneth Clayton
2:50 - 3:00 pm	Evaluations & Wrap Up

Cooperative Extension Service

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

UPCOMING AG CLASSES

OCTOBER 21 6:00PM PPA

NOVEMBER 4 FERTILIZER DECISIONS 1:00PM

NOVEMBER 5 SHEEP BASICS 10:00AM

NOVEMBER 6 BEEF CATTLE FEEDING 9:00AM

NOVEMBER 6 DEALING WITH FESCUE TOXICOSIS 1:00PM

NOVEMBER 10 FENCING & ON FARM WATER 10:00AM

NOVEMBER 20 PPA 5:30PM

NOVEMBER 24 MANAGING BODY CONDITIONS BEEF 9:00AM

NOVEMBER 24 PASTURE & HAY FIELD RENOVATION 1:00PM

NOVEMBER 25 WEED CONTROL IN PASTURES & HAYFIELDS 10:00AM

DECEMBER 15 FARM INFRASTRUCTURE 10:00AM

DECEMBER 16 PPA 1:00PM

DECEMBER 22 FENCING & ON FARM WATER 10:00AM

DECEMBER 22 FARM INFRASTRUCTURE 2:00PM

CONTACT DAVID EMBREY AT (270)597-3628 TO REGISTER



David Embrey
AG/ANR 4-H Agent
dlembr2@uky.edu

Kentucky Forests Signal Season Change

Source: Billy Thomas, UK extension forester

If you've been waiting all year to see beautiful fall colors in Kentucky, it is almost time. Mid-October is usually the beginning of the state's brilliant fall tree color show. Actually, these brilliant colors have been there all along; they've been masked by a cloak of chlorophylls, green pigments vital to a tree's food-making process.

Trees use and replenish chlorophylls during the growing season. High replacement maintains green leaf color. As fall approaches, the green pigments are replaced at a slower rate due to complex environmental factors and the trees' genetic makeup. The dwindling supply of green pigments unmasks other pigments that were present all along, revealing the spectacular show of fall color.

We can enjoy a variety of fall colors because Kentucky's diverse climate and soil composition enable many diverse trees to grow here. Black gum, pear, sumac, dogwood, maple, oak and sassafras trees produce various shades of red. Other trees give us a range of orange and yellow hues such as yellow-poplar, birch, hickory and beech.

Since black gum and sumac trees shut down chlorophyll production early, they are the first to reveal fall color. Both change from green to red, leaf by leaf. No leaf seems to be all green or red at the same time, giving a spotty appearance throughout the trees.

You might be surprised to know that what makes leaves change color has less to do with "Jack Frost" and more to do with shorter days activating a "chemical clock" that tells the trees to shut down chlorophyll production and prepare for winter. When the tree completely shuts down chlorophyll production, a layer at the base of the leaf forms. This abscission layer causes the leaf to fall off the branch, leaving only the bud with next year's leaves and flowers to wait for the signal in the spring to bloom and grow.

Fall Nutrient Applications has its Advantages

Source: John Grove, Plant and Soil Sciences professor

Grain producers can take steps now to prepare for the next growing season. Fall is an ideal time to start by applying nutrients to the soil.

There are several benefits to autumn fertilizing. For one, it can prevent delays in planting come spring. Kentucky's fall weather is generally drier, reducing the risk of soil compaction during application. Additionally, purchasing fertilizer in these cooler months might lead to savings, as spring tends to be the busier season for fertilizer sales. Before getting started, test your soil to ensure you only apply the nutrients your fields need. This approach saves both time and money. You can coordinate with your local extension office to submit soil samples to the University of Kentucky's regional testing labs. Once your soil test results are in, follow UK recommendations for fertilizer application. Potash and phosphorus are particularly well-suited for fall application in Kentucky. These nutrients interact with the soil to keep them in place, preventing loss through leaching during the state's typically wet winters. If you're planting small grains this autumn, apply the recommended rates of phosphorus and potash before planting. Double-crop producers should also account for soybean nutrient needs when applying fall wheat fertilizer.

UK encourages corn and full-season soybean producers to wait until the springtime to apply nitrogen and animal manures. Both run a high risk of leaching from the soil during the winter. Additionally, nitrogen losses can occur from denitrification and immobilization during the winter. Animal manures are most effective when there is a crop already growing in the field.

If you've planted wheat this fall, apply just enough nitrogen to promote early growth and tillering, usually no more than 40 pounds per acre. Wheat-following crops like soybeans, tobacco or well-fertilized corn may not need additional nitrogen in the fall. If more nitrogen is required, remember that common phosphorus fertilizers in Kentucky, such as DAP (18-46-0) and MAP (11-52-0), also supply nitrogen that the wheat can utilize.



College of Agriculture,
Food and Environment

Mammoth Cave Hay Contest



The west region hay contest is offered to individuals raising hay in Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren.

Contact your Extension Office for more details

MAMMOTH CAVE HAY CONTEST

CONTEST DETAILS

Counties Participating

The Mammoth Cave hay contest is offered to individuals raising hay in Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, and Warren.

Hay Results

Each producer is limited to one entry per class. An entry consist of a one gallon bag hay sample.* Judging criteria is based on Forage quality value (FQV)

Classes

Hay will be judged on the following classes: Grass hay, Legume hay, and Mixed hay.

Deadline

The deadline to turn in your hay sample to your local extension office is October 30.

CONTACT YOUR LOCAL
EXTENSION OFFICE FOR
MORE DETAILS

UK Cooperative
Extension Service



*A good hay sample consists of 20 core samples from 20 different bales

What's happening with FCS:

Family and Consumer Sciences (FCS) Extension is committed to improving the quality of life for individuals and families, resulting in strong families for Kentucky. Educational programs focus on:

- Making Beneficial Lifestyle Choices
- Nurturing Families
- Embracing Life as You Age
- Securing Financial Stability
- Promoting Healthy Homes and Communities
- Accessing Nutritious Food
- Empowering Community Leaders



PLEASE JOIN US FOR THE

Edmonson County Homemakers

RECRUITMENT
BREAKFAST TEA

OCTOBER 18TH, 2025 AT 10 AM

EC Fairgrounds Building

350 FAIRGROUNDS ROAD
BROWNSVILLE, KY 42210

THERE WILL BE HANDS ON ACTIVITIES
AND DOOR PRIZES

PLEASE R.S.V.P. @ (270) 597-3628

Cooperative Extension Service
College of Agriculture, Food and Environment

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Listen to our podcast
Talking FACS is
available wherever
you listen to podcasts
and by visiting

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connect with us
[Visit a county office](#)
[Visit our website](#)



Laura-Grace Vincent

FCS /4-H Agent

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FOOD PRESERVATION THROUGH DEHYDRATING & FREEZING

Learn about the processes, equipment and supplies needed to preserve foods
by freezing or dehydrating in this lecture and hands-on class.
Make and take your own Freezer Apple Pie Filling!

Thursday, October 9

1:00 PM

Free

Edmonson Co. Extension Office



Space is limited
RSVP by calling (270) 597-3628

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

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status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky,
Kentucky State University, U.S. Department of Agriculture, and Kentucky Cooperative Extension
LEADERSHIP, KY 40309



EC Homemaker Update

The KY Extension Homemakers Association (KEHA) is a volunteer organization working to improve the quality of life for families and communities through leadership development, volunteer service, and education.

A homemaker club is a wonderful place to socialize, experience personal and professional growth, develop skills, and become community leaders.

We are your friends and neighbors who have joined together to invest in building a better tomorrow for the future! If you are interested in LEADING, LEARNING, and SERVING contact our office, and we will get you signed up in a club!

What's Happening with FCS:

EC Homemakers Upcoming Events

October 2025

THUR 2 9:30AM Oct/Nov Lesson Leader Training - Christmas Decorations from Natural Resources and Decorative Gift Wrapping (11AM@ Warren County)	12-18 National Extension Homemaker Week	MON 13 4 PM Homemaker Week Proclamation
TUES 14 NOON EC Nursing Home Activity Bean Supper	THUR 16 9:30AM Area Annual Day-Logan County Host	SAT 18 10 AM Recruitment Brunch (I Oct & Nov Lessons)
TBA EC 4-H Banquet	FRI 31 Trunk or Treat (volunteers needed)	FRI 31 1:30 PM SEES Halloween parade bring candy

EC Homemakers Upcoming Events

Nov 2025

SAT 8 Chalybeate Homemakers' Dinner Theater	MON 10 Goody Bag Activity 10 am Ext Office	TUES 11 Veteran's Day Activity-Nursing Home Activity
THUR 13 4PM County Council Meeting	TUES 18 4PM Thanksgiving Event, All Clubs	SAT 22 5-7PM Light the Square Event
Promote Rada Fundraiser	Promote Pecan Fundraiser	HAPPY THANKS GIVING

EC EXTENSION AT EC SENIOR CENTER

2025-26 Calendar of Events

SEPT 26 Planning Meals for 1 or 2 on a Budget-Recipe Demo	OCT 28 Grains for Everybody-Recipe Demo	NOV 25 Self-Care-Art of Candlemaking
DEC 23 Lentils 101-Recipe Demo	JAN 27 "Wits Workout"-Let's Exercise Your Brain!	FEB 24 Fall Prevention-Arm Chair Yoga
MARCH 24 "Wits Workout"-Let's Exercise Your Brain!	APRIL 21 The Spice of Life-Mini Herb Garden	MAY 26 EC Art Guild-Art Project

KENTUCKY COOPERATIVE EXTENSION
10 AM



Sewing Sisters Sewing Group

Meets on
Fridays
9am-2pm

No Registration Required

The Edmonson
County Extension
Office



Beginners
Welcome!!

Bring your own
machine... Or call to
RSVP one!!

270-597-3628

Fundraisers:

Homemakers RADA
Cutlery Online
Fundraiser will begin
soon, be on the lookout!

Our Annual Pecan
Fundraiser will begin
soon, pecans will start to
arrive in November.



EDMONSON COUNTY HOMEMAKER'S

Farm Fresh Pecan Pieces and Halves

WILL ARRIVE AROUND BEGINNING OF NOVEMBER!!!

Pecans are a healthy snack and great to use for cooking and baking!

\$12 per 16oz bag

Call 270-597-3628 or contact any EC Homemaker

KSU Agent helps with jam & jelly class



KSU Agents help with after school clubs



MAMMOTH CAVE AREA: FAMILY & CONSUMER SCIENCES

Flavors of Fall: Apples

There is nothing better than a bite from a sweet, crisp apple especially if it is picked right off the tree. Farmers markets in Kentucky have fresh apples available from as early as July to as late as November. Most varieties are either green, yellow, or red.



While historians believe the apple originated in Asia, early settlers planted apple trees in the United States in the 1700s. U.S. Apple reports there are more than 100 apple varieties grown commercially, and 90 percent of the production is from 15 popular varieties.

While a fresh apple is best, apples are successfully kept in controlled-atmosphere (CA) storage that regulates the temperature and the atmosphere. CA storage seals the apples in an environment that is around 2 percent oxygen and carefully manages temperature, humidity, nitrogen, and carbon dioxide. Since apples continue to ripen after they are picked, CA storage slows this process, essentially putting the apple to sleep. This allows for extended storage of four to six months, meaning most apples you see at the store out of season have been stored this way.

Which apples should you buy? That depends on what you are using the apples for — cooking, baking, drying, or eating raw. To cook with them, use these measurements: one pound of apples is equal to two large, three medium or four small apples; that one pound of apples yields three cups of diced fruit or two cups of peeled, sliced fruit; and two pounds of apples is enough for a 9-inch pie. Apples recommended for pies and applesauce include Braeburn, Jonagold, Cortland, Winesap, or McIntosh. For baking, try Fuji, Winesap, Granny Smith, and Rome. Gala apples are great for drying.

Look for apples that are free of bruises and firm to touch. To store small amounts of apples for one to four weeks, place in the refrigerator away from strong odors. Apples stored at room temperature will soften about 10 times faster than if refrigerated. For eating, try the varieties of McIntosh, Fuji, Red Delicious, Gala, Crispin, Braeburn, or Honeycrisp. There are many other popular varieties available at your local markets that could become your favorites, if you just try them.

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One medium apple with skin counts as a fruit serving according to USDA's MyPlate and contains about 95 calories. An apple supplies 14 percent of your Daily Value (DV) of vitamin A and 11 percent of the DV of vitamin C. Antioxidants, such as vitamins A and C help prevent excessive free radical damage, which research shows reduces the risk of chronic disease.

Since they are rich in pectin and mild acids, apples help digestion, including a healthy dose of prebiotics. Each apple averages four grams of fiber which helps to slow digestion. In a large study reported in JAMA Internal Medicine, participants who ate at least one small apple per day required fewer doctor visits, hospital stays, and prescription medications than those who didn't eat apples. The old adage of an apple a day, keeps the doctor away, may well be true.

Try this recipe for a flavorful fall salad made with apples!

Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple	1 cup halved seedless green grapes	1/2 cup chopped walnuts
1 cup chopped Red Delicious apple	1 cup halved seedless red grapes	8 ounces non-fat vanilla yogurt
1 cup diced celery	1 1/2 cups dried cranberries	2 tablespoons honey
		1/4 teaspoon cinnamon

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.

2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Yield: 8, 1 cup servings.

Nutrition Analysis: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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

References:
www.usapple.org/the-industry/apple-varieties
<https://www.choosemyplate.gov/eathealthy/fruits>
 Davis, M.A., Bynum, J.P.W., Sirovich, B.E. (2015). Association Between Apple Consumption and Physician Visits. *JAMA Internal Medicine*, 175(5), 777-783.

Source: Dr. Sandra Bastin, RDN, LDN, Extension Professor, Foods and Nutrition Specialist

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THIS MONTH'S TOPIC: USING TECHNOLOGY TO MANAGE YOUR MONEY

Financial technology, or "FinTech," is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify money management.

WHY USE FINANCIAL TECHNOLOGY

Technology and money can both feel overwhelming, but many FinTech tools are made for everyday users. These tools can complement your existing money management system. In some cases, they can replace manual tasks by offering features like automation, visual trackers, and reminders. FinTech may help you save time by streamlining common money tasks such as budgeting, tracking spending, investments, and even paying off debt.

MOBILE BANKING

You may be using FinTech already, without knowing it. Mobile banking, for example, is a website or smartphone application that shows details about your checking and savings account balances and can be useful for providing on-the-go access to your



money. Some mobile banking apps will allow bill payments, money transfers, mobile check deposits, and include information about bank locations and other products or services your bank offers.

PAYMENT APPS

Another popular FinTech tool is peer-to-peer (P2P) payment apps such as Venmo, PayPal, and CashApp. About 76% of Americans use them to send money or buy things. These apps make transfers easy but do not replace a regular bank or savings account. It's a good idea to move money from these accounts into an FDIC-insured bank or federally insured credit union.

CREDIT MONITORING

Credit monitoring is a type of FinTech tool that helps you track your financial health over time. It can provide insights into your accounts, payment history, and any issues like liens or delinquencies. Credit scores range from 300 to 850 and are usually offered in reports from the three big credit bureaus or through online monitoring systems. Free credit reports are available weekly. Check yours easily at <https://www.annualcreditreport.com>.

FREE EXTENSION TOOL

While some financial apps focus on spending or saving, others can help with debt repayment. The Utah State University Extension's virtual tool, PowerPay (<https://extension.usu.edu/powerpay/>), is a free debt elimination simulator. You can use the web-based tool to log your debts and see how different payment strategies affect timelines and savings. The tool can also factor in changes in income, like getting a bonus or tax return, to see how that would affect the overall repayment timeline.

HABIT BUILDING

FinTech tools can fit into your current money management system or help you start new habits. Take time to add digital tools into your routine. Some apps may require regular engagement to keep things up to date. Like other technology we rely on every day, FinTech offers convenience and can help you make informed money decisions. To get started, choose tools wisely by knowing what you need, testing them out, and being aware of any costs.

REFERENCES

<https://www.pewresearch.org/short-reads/2022/09/08/payment-apps-like-venmo-and-cash-app-bring-convenience-and-security-concerns-to-some-users/>
<https://connect.extension.org/blog/dangers-of-leaving-money-in-payment-apps?sort=popular>
<https://finred.usalearning.gov/Blog/FinancialPlanningFinTech>

Military Family Spotlight

Military families can use FinTech tools to stay connected to their finances while navigating military life. The SEN\$E mobile app was designed uniquely to support military transitions, like frequent moves, deployments, and spouse employment transitions. The app includes a short quiz to assess current financial well-being and learning modules on topics like saving, retirement, and deployment pay. By offering financial education resources and calculators through the SEN\$E mobile app, military families – who are often on the move – can access reliable tools and information anytime, anywhere. Visit [https://finred.usalearning.gov/ToolsAndAddRes/Sen\\$e](https://finred.usalearning.gov/ToolsAndAddRes/Sen$e) to learn more.

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Extension Spotlight: Mary Lashley



Mary Lashley is from the Silent Grove community where she enjoys gardening, canning and raising flowers. She has been an Edmonson County Extension Homemaker for 35 years. Mary serves as the EC Homemaker Council treasurer, Capitol Hill secretary and treasurer, the Homemaker 4-H Chairperson, and is a member of the EC 4-H Council. Mary has 2 adult children and 3 wonderful grandkids and says "being able to help my community" is the most rewarding part of volunteering!

Our volunteers are an important part of Extension, they play a vital role in what we do here and we couldn't serve the community without those who give their time and effort to help support our mission.

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Lexington, KY 40506



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