


# FARM & FAMILY: GROWING TOGETHER

LAWRENCE COUNTY EXTENSION NEWSLETTER  
JUNE EDITION

 Cooperative  
Extension Service

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Facebook:

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@LawrenceCountyCooperative  
ExtensionService

Lawrence County Cooperative  
Extension would like to send a HUGE

*Congratulations!*

to all area students for completing  
another successful school year!! Enjoy  
your summer everyone!!!



Warm regards,

*Maelyn Dotson, Lane Hall, & Deana West*

*Maelyn Dotson*  
Maelyn Dotson

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*Deana West*

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County Extension Agent  
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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 accommodations 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



# EXTENSION EVENT CALENDAR

# 2025

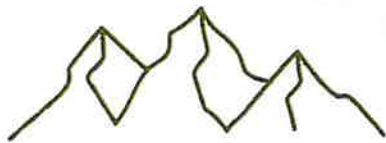
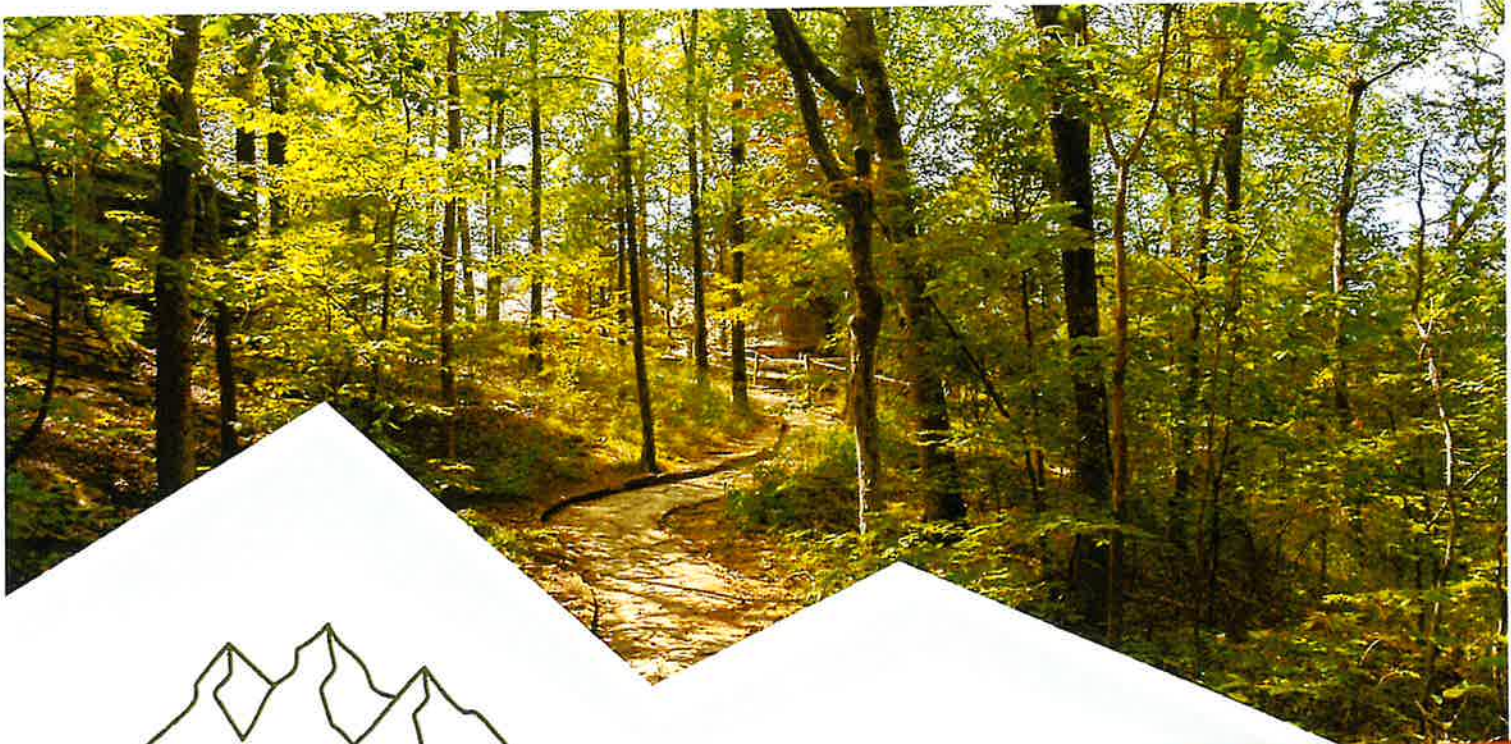


# June

NOTE: Look for event flyers for location/registration details.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Farmer's Market Vendor Event 4:00pm 4-H Camp Teen Training 5:00pm	4 Homemakers Council Meeting (NEW TIME) 3:15pm	5 LC Beekeepers 6:00pm	6	7 Farmer's Market Opening Day! 9:00am
8	9 Master Gardener 6:00pm	10 Sunshine HMC 10:00am	11 Cooking Through the Calendar 12:00-1:00pm Farmer's Market 9:00am	12 Fallsburg HMC 11:00am	13	14 Farmer's Market 9:00am
15	16 Dennis Green Valley 5:30pm	17 District Board Meeting 4:30pm	18 Farmer's Market 9:00am	19 Horse/Livestock Club 6:00pm	20 4-H Camp Paperwork/Fees DUE	21 Farmer's Market 9:00am
22 4-H Talent Show Sign-up deadline 4-H Camp Teen Training 10:00am Quilt Guild 10:00am	23	24 Cloverbud Day Camp 10:00am	25 Cloverbud Day Camp 10:00am Farmer's Market 9:00am	26	27 4-H Talent Show 5:30pm	28 Farmer's Market 9:00am
29	30					





# HIKE & LEARN

EVERY 2ND FRI.

 Cooperative  
Extension Service

## DISCOVER NATURE'S BEAUTY WITH US

Join our Hiking Club for a unique opportunity to explore nature, learn valuable hiking and camping skills, and have an unforgettable adventure.

ALL skill levels are welcome.




Every 2nd Friday, beginning March 14th-October 14th @ 9:00a.m.  
April 11th @ 9:00a.m. - Meet at the Greenbrier Boat Ramp parking lot.



REGISTER HERE



 606-673-9495



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Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

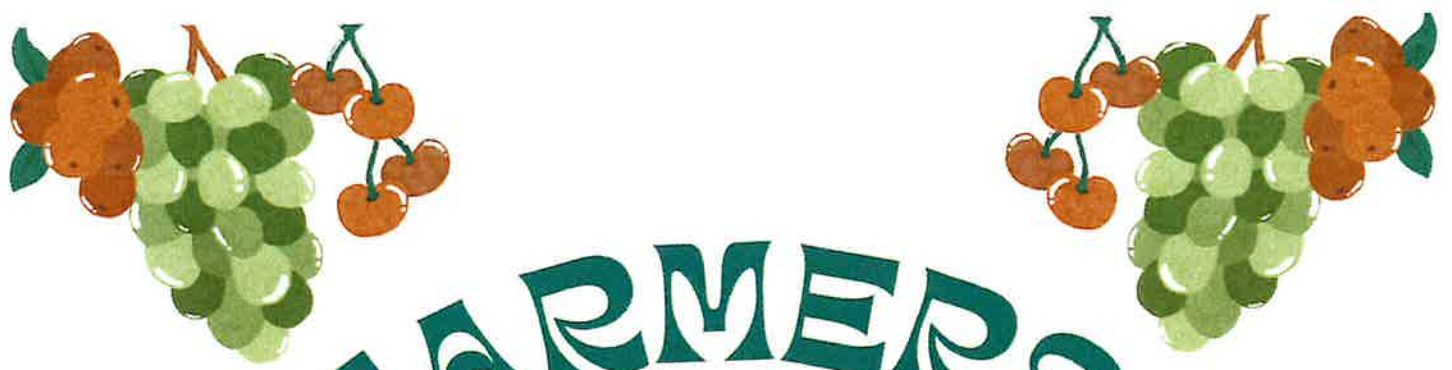
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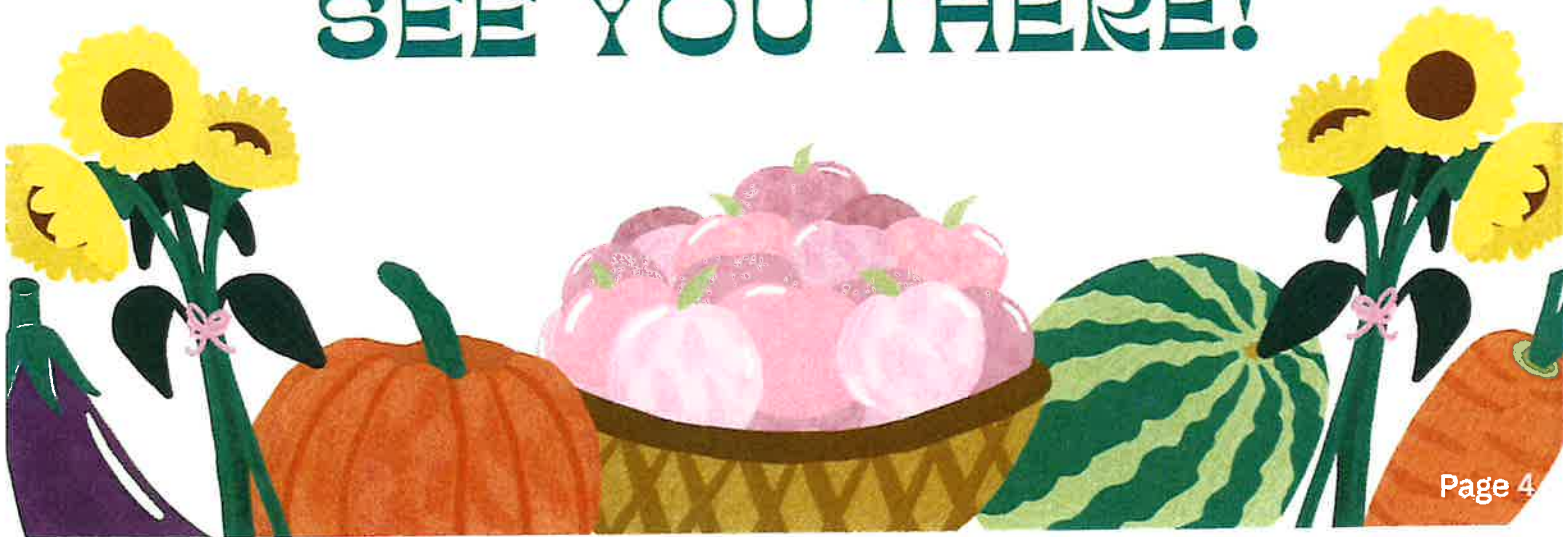


# FARMERS. MARKET



**OPENING DAY SATURDAY  
JUNE 7, 2025  
9AM-12 NOON**

**SEE YOU THERE!**





# SEED LIBRARY

Borrow Grow Share

## HOW TO USE THE SEED LIBRARY:



1

The first time you use the seed library, please fill out the membership form and put it in the Seed Library binder.

2

Check out the seeds for free! Please only take 4 packets biweekly to be sure there are plenty for the rest of the community.

3

Return seeds by donating extra from store-bought packets, OR by collecting seeds from what you grow! Donations are accepted at front desk.

4

Please help us track seed library use by recording the seeds you check out and return on your "Member's Seed Record" form in the binder.







Lawrence County  
4-H

# COMMUNITY TALENT SHOW!

**JUNE 27 | 5:30 PM**

249 Industrial Park Rd  
Louisa, KY 41230

\$5 performance fee

ALL proceeds go  
towards 4-H Camp

Please Call 673-9495  
for more information







## MONEYWISE

VALUING PEOPLE. VALUING MONEY.



VOLUME 16 • ISSUE 5

Lawrence County Extension Office | 249 Industrial Park Road | Louisa, KY | 41230 | (606) 638-9495

### THIS MONTH'S TOPIC: BUDGET-FRIENDLY VACATION TIPS

From transportation to lodging, food, or activities, it is easy for travel costs to skyrocket when taking a family trip. Planning ahead can help manage travel costs and provide extra savings while on vacation. Here are some tips for making lasting memories on road trips without breaking the bank.

#### LOCATIONS AND LODGING

Choose low-cost destinations and accommodations when planning your next adventure. Road trips to national or state parks are affordable with endless chances for outdoor activity. Camping can also be a way to save money on lodging while adding adventure to your trip. No matter where you choose to go, compare the cost of hotels, camping sites, and rentals. Some accommodations have extra fees for amenities, cleaning, pets, or incidentals. Also, think about staying a few miles outside of major tourist areas or going in "off" seasons to find better deals.

#### CUTTING FOOD COSTS

Road trips also allow you to bring food from home, which is often cheaper than buying groceries or eating out on your trip. Preparing simple meals in advance, or packing picnic lunches, can keep you from paying a high price to dine in touristy areas.



Pack drinks (including reusable water bottles) and snacks to save on overpriced convenience items. For more ways to make the most of meals while traveling, read [https://ukfcs.net/Traveling Meals](https://ukfcs.net/Traveling%20Meals).

#### EXPERIENCES > EXPENSES

Finding affordable activities can add to any vacation. Opt for low-cost experiences and outdoor activities like hiking, beach or lake days, and picnics. Look for free entertainment within the community including tours, movie nights, concerts, or museums. These activities allow families to make memories without overspending. Visit <https://www.kentuckytourism.com/> to explore all the vacation choices the Commonwealth has to offer!

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### AVOIDING TRAVEL SCAMS

The Federal Trade Commission offers tips for travelers to protect themselves from scams at <https://consumer.ftc.gov/articles/avoid-scams-when-you-travel>. Common travel scams are fake travel deals, pressuring you to make quick decisions, or asking for money by wire transfer or gift cards. Book your travel with reputable companies, be careful of unexpected requests, and stay vigilant throughout your trip to make sure you have a safe travel experience.

### CONSIDER SUMMER CAMPS

One more way to make priceless summer memories while saving on travel costs is to explore summer camps. From day camps to overnight adventures, reach out to your county Extension office to learn more about summer camp opportunities in your area. Camps may be grouped by age, a special theme, or offer something for the whole family.



### May is Military Family Appreciation Month



**FOR MILITARY YOUTH:** Military teens (13-18 years old of Active Duty, Guard, Reserve, and Retired personnel) have a chance to join adventure camps at little to no cost. These high energy, high adventure, and high experience camps are planned across the United States through Purdue Extension. Learn more: <https://extension.purdue.edu/4-H/get-involved/military-teen-adventure-camps/index.html>

**FOR MILITARY FAMILIES:** Kentucky Extension offers camps for military parents and their teenage children to attend together through funding from Purdue Extension. Come spend some time with your child whitewater rafting, hiking, rock climbing, ziplining, and more, all free! Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while engaging with the outdoors. Camps have funding available to assist with transportation costs. Learn more: <https://fcs-hes.ca.uky.edu/MTAC>

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## Rice and Bean Salad



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

**Prep time: 10-15 minutes**

**Cook time: 20 minutes**

### Dressing

- 1/4 cup red wine vinegar
- 1 1/2 teaspoons Dijon mustard (or any type)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 cup canola or vegetable oil

### Salad

- 1 can (15 ounces) no-salt-added black beans, rinsed and drained
- 1 can (15 ounces) low-sodium chickpeas, rinsed and drained
- 1 1/2 cups fresh, canned, or frozen corn
- 2 cups cooked brown rice
- 1/2 small red onion, diced
- 1/2 bunch cilantro or parsley, chopped
- 3 cups spinach, chopped
- 1/2 jalapeno, seeded and diced (optional)

water and soap, scrubbing for at least 20 seconds.

2. Rinse cilantro and jalapeno under cool running water and pat to dry.
3. In the bottom of a large bowl, whisk red wine vinegar, mustard, Italian seasoning, garlic powder, salt, and black pepper. Slowly add the vegetable oil while whisking vigorously until evenly combined.
4. Add black beans, chickpeas, corn, rice, red onion, cilantro, spinach, and jalapeno (if using). Gently toss until dressing evenly coats salad.
5. You can eat the salad immediately. For the best flavor, though, allow it to sit in the fridge for at least one hour.
6. Store leftovers in the refrigerator within two hours.

Makes 7 servings

Serving size: 1 1/2 cup

Cost per recipe: \$14.01

Cost per serving: \$2.00

### Nutrition facts

#### per serving:

350 calories; 18g total fat; 1.5g saturated fat; 0g trans fat; 0mg cholesterol; 370mg sodium; 39g total carbohydrate; 7g dietary fiber; 4g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 18% Daily Value of potassium

#### Source:

Jeannie Noble, RD, Extension Specialist for Nutrition, University of Kentucky Cooperative Extension Service



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# 2025 FARM APPRECIATION & LEADERSHIP Banquet

May 22, 2025 was a memorable evening at the Lawrence County Extension Office. It was filled with pride and community spirit, we gathered to honor the legacy, leadership, and partnerships that make Lawrence County thrive.

The highlight of the night was recognizing the John Marvin Boggs family as our 2025 Pioneer Family Farm, celebrating over 90 years of continued dedication to farming—a true testament to resilience and tradition.

We also proudly recognized our Outstanding Leaders for 2024, whose commitment and service continue to uplift our community:

- ANR - Leslie Boyer
- FCS - Peggy Workman
- 4-H - Carey Miller
- CED - Ashley Wilks
- 

In a touching tribute, one of our facilities was officially named The John E. Sparks Pavillion, honoring the lasting contributions of our former ANR Agent.

Our appreciation extended to our community partners and elected officials, whose support is vital to our shared success. Special thanks to Katie Webb, Superintendent of Lawrence County Schools, for delivering an inspiring keynote address that reminded us of the power of collaboration and leadership.

We are also grateful to the Louisa Rotary Club for co-sponsoring this wonderful event, and to Rebel Barn for providing a delicious meal that brought everyone together.

Thank you to all who attended and helped make this celebration one for the books.

Here's to a future as strong as our roots!





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