

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!!!



Maelyn Dotson

Maelyn Dotson

maelyn.dotson@uky.edu
County Extension Agent
for 4-H Youth Development

Warm regards,

Maelyn Dotson, Lane Hall, & Deana West

Lane Hall

Lane Hall

lane.hall@uky.edu

County Extension Agent
for Agriculture and Natural Resources

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Deana West

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County Extension Agent
for Family and Consumer Sciences

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 receipt of 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

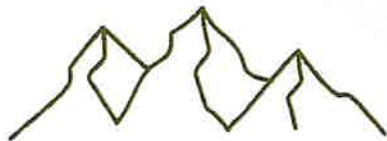
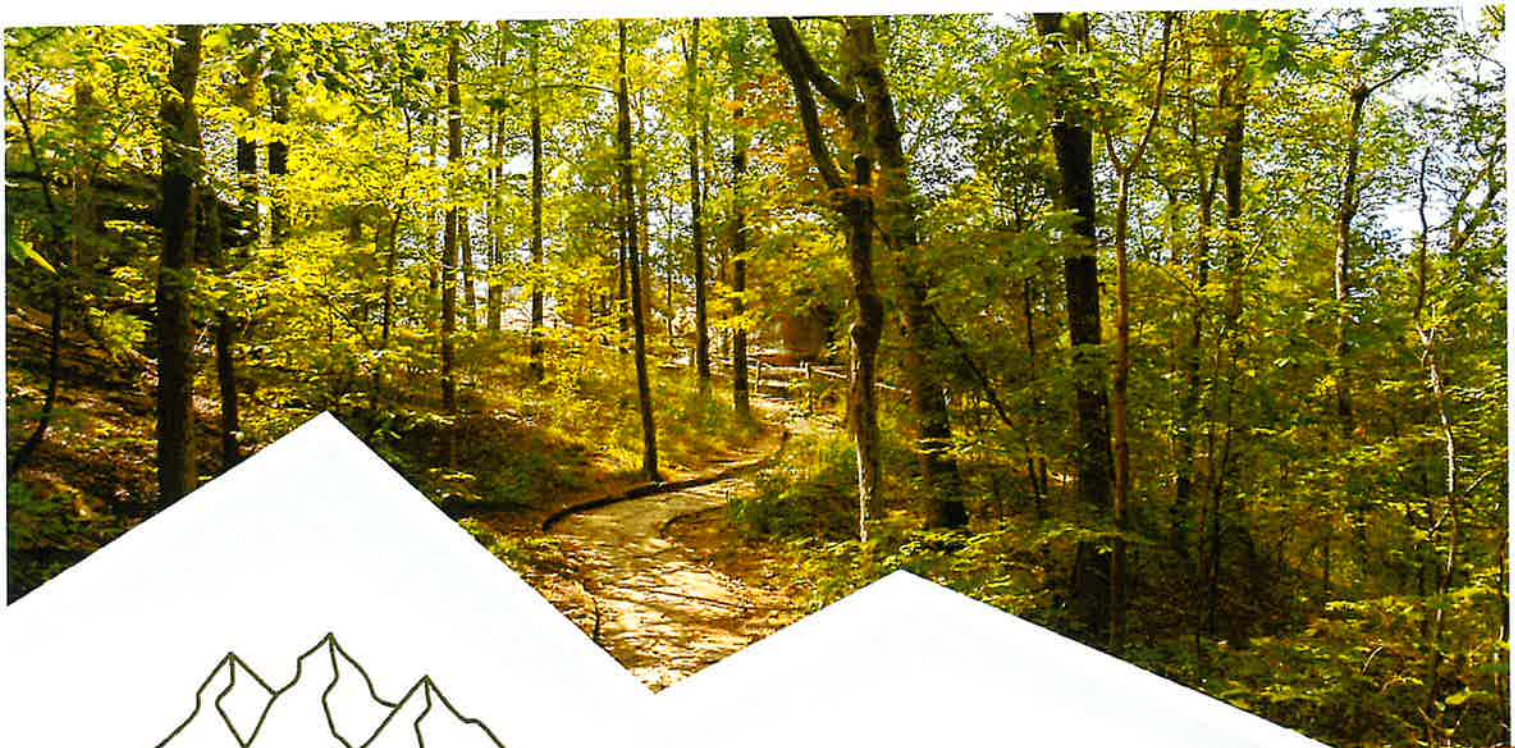


June

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		Farmer's Market Vendor Event 4:00pm 4-H Camp Teen Training 5:00pm	Homemakers Council Meeting (NEW TIME) 3:15pm	LC Beekeepers 6:00pm		7 Farmer's Market Opening Day! 9:00am
8						14
	Master Gardener 6:00pm	Sunshine HMC 10:00am	Farmer's Market 9:00am	Fallsburg HMC 11:00am		Farmer's Market 9:00am
15				Juneteenth Office Closed		21
	Dennis Green Valley 5:30pm	District Board Meeting 4:30pm	Farmer's Market 9:00am	Horse/Livestock Club 6:00pm	4-H Camp Paperwork/Fees DUE	Farmer's Market 9:00am
22	4-H Talent Show Sign-up deadline 4-H Camp Teen Training 10:00am Quilt Guild 10:00am	Cloverbud Day Camp 10:00am	Cloverbud Day Camp 10:00am Farmer's Market 9:00am		4-H Talent Show 5:30pm	28 Farmer's Market 9:00am
29						





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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Lexington, KY 40506



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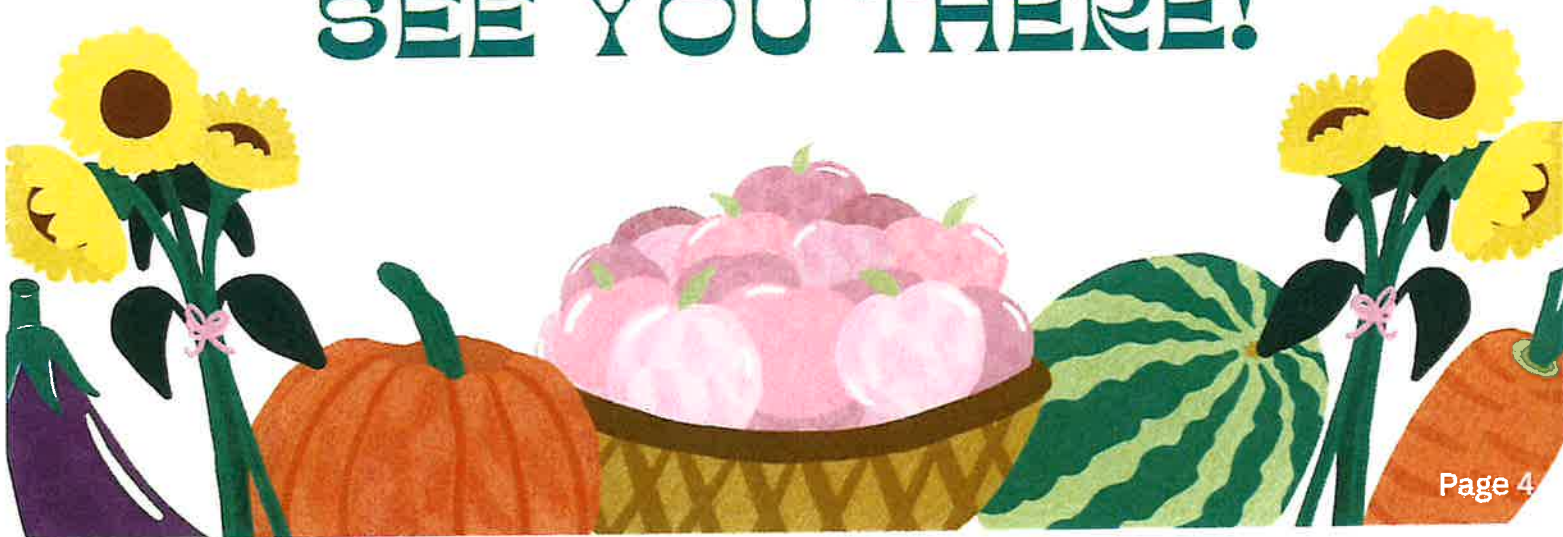


FARMERS. MARKET.



**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

- Entry Deadline: June 23, 4:00pm. **MUST FILL OUT REGISTRATION FORM AT THE OFFICE**
- One entry per person/group.
- All entries must show up by 5:00pm on June 27.
- 5 minute time limit.
- \$10 entry fee for each performer

-Age groups: Cloverbud (5-8)
Youth (9-18)
Adult (19 and up)

-Categories:

Performance-Based

- *Vocal performance- Solo, duet, or group singing.
- *Instrumental- Any musical instrument performance.
- *Dance- Solo or group, all styles (hip-hop, ballet, cultural, etc.)
- *Theater/Drama- Monologues, short scenes, dramatic readings
- *Comedy- Stand-up, skits, funny storytelling.

Special Skills

- *Magic/Illusion- magic tricks or illusions
- *Martial Arts/Demonstration Acts- Choreographed routines, stunts
- *Circus Acts- Juggling, acrobatics, unicycling, etc.
- *Lip sync or Air Band- for people who want to perform without live vocals.
- *Unique Talents- Speed Rubiks cube, yoyo, tricks, puppetry, whistling, gymnastics (bring your own mat)

Questions: Please call 606-673-9495

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.



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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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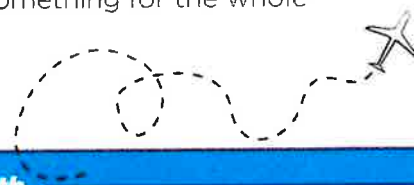
Disabilities
accommodated
with prior notification

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>

Written by: Kristen Jowers and Kerri Ashurst

Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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 the 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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