



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

**Cooperative Extension Service**  
Letcher County  
478 Extension Rd  
Whitsburg, Ky 41858  
606-633-2362  
Letcher..ca.uky.edu

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

# DROP IT LIKE IT'S HOT!

## New Monthly Program

At the first weigh in you will make **goals** for yourself and for the next 12 months you will have different **health** challenges for each month. You can come weigh in at your convenience. **Call to register 633-2362**

**Weigh in:** June 5th  
**Time:** 11:00 am  
**Location:** Letcher County Extension

**For:** Anyone looking to make a healthy change

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

**University of Kentucky**  
College of Agriculture,  
Food and Environment

# Hiking for Health

**APRIL 20TH GREAT WHITE THRONE & MERCY SEAT (PMT) 3 MILES (BRING LUNCH) MEET @ 9**

**MAY 4TH LILLEY CORNETT WOODS BRING LUNCH & MEET @ 9**

**MAY 11TH HURLEYS KNIFE (PMT) 3 MILES (BRING LUNCH) MEET @ 9**

**MAY 18TH HENSLEY SETTLEMENT, CUMBERLAND GAP NATIONAL PARK BRING LUNCH & MEET @ 8**

**JUNE 1ST GRAND FINALE !!!! RED RIVER GORGE DETAILS TO COME, LUNCH AT MIGUEL'S PIZZA**

Nanette Banks  
Letcher County Extension Agent  
for Family & Consumer Sciences  
Education

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

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LEXINGTON, KY 40546





Letcher  
Homemakers  
June 13 @ 10:30  
Jeremiah Baptist



Jenkins  
Homemakers  
June 7 @ noon  
Jenkins Library



# HOMEMAKER CLUBS

## MONTHLY MEETINGS

Call 606-633-2362 for information on any of these clubs

# COOKING THROUGH THE CALENDAR

For more information on how you can attend these FREE cooking classes, please contact your local Cooperative Extension office:

June 2nd @ 11:30 am

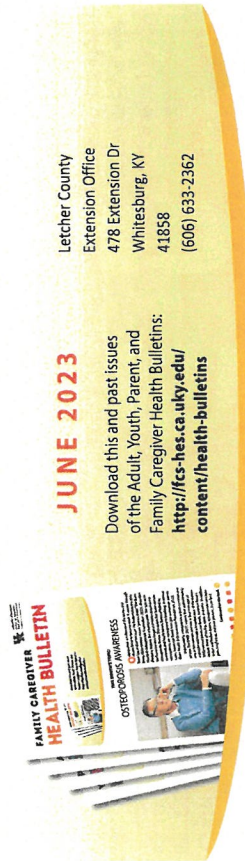
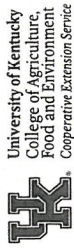
We will be making Blueberry Cheesecake Bars



USDA Supplemental Nutrition Assistance Program — SNAP  
 USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP  
 Eat Smart. Live Well. Food With Reason.



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



Letcher County Extension Office 478 Extension Dr Whitesburg, KY 41858 (606) 633-2362

JUNE 2023 Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: http://fcs-hes.ca.uky.edu/content/health-bulletins

THIS MONTH'S TOPIC: EMOTIONAL HEALTH: SEEKING THERAPY FOR OLDER ADULTS

Experiencing anxiety and depression related to life changes and transitions associated with aging can be heartbreaking for many older adults and their family members. If such issues have you or a loved one feeling down for an extended period, there may be something more serious going on. Taking care of emotional health is important. When ignored or left untreated, poor mental health can lead to confusion, decreased concentration, cognitive and physical decline, heart disease, issues with sleep and nutrition, noncompliance with medications, increased risk of infection, and increased risk of suicide.



Continued on the next page



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Depression and anxiety are not a normal part of aging. Mental health services can enhance life quality and independence.

Continued from the previous page

According to Mathia Kelley, a registered nurse and director of Senior Life Solutions at Bluegrass Community Hospital, risk factors for being emotionally frail include:

- Physical limitations
Social isolation
Fear of leaving home
Traumatic events
Loss of loved ones
Family stress
Chronic health issues
Lacking self-worth and/or purpose
Feeling hopeless
Anxiety
Feeling sad or blue for more than two weeks
Changes in appetite
Loss of energy
Adjusting to a new environment
Feeling fearful
Loss of independence
Difficulty sleeping
Loss of interest in activities you normally enjoy



- Pick a private place.
Choose a time that your family member might be more receptive to talking.
Listen to your family member.
Understand potential fear and/or resistance.
Recognize that you cannot force someone to go to therapy.

Most older adults experience positive emotional well-being and mental health. But it is an important reminder that depression and anxiety are not a normal part of aging. Accessing mental health services can enhance life quality and independence.

REFERENCES: American Psychological Association. (2023). Psychology and Aging. Retrieved 4/14/23 from https://www.apa.org/pubs/resources/guides/psychology-and-aging
Mathias, K. (2023, March). Emotional Health. Presentation for the Lexington, Kentucky Aging Consortium. Mathias Kelley, BSW, RN, Program Director, Senior Life Solutions at Bluegrass Community Hospital.

Written by: Amy F. Kotelic, Associate Extension Professor, Adult Development and Aging
Edited by: Alyssa Simms
Designed by: Rusly Maneau
Stock images: 123RF.com





# Beekeepers Meeting

June 13th @ 6:00 pm  
at Letcher County  
Extension Office





### Greenhouse Update

Brad Sexton

#### AG & Natural Resources Assistant

Welcome to the Month of June, all garden plants that was germinated and prepped for the approaching gardening season should be planted and that means you are another step closer to all your hard work and dedication paying off in the form of fresh fruits and vegetables.

Just like gardens greenhouses require the same amount of work and dedication, as you can see from the pictures below the end results are worth the effort. Tomatoes, broccoli, cabbage, continue to produce nice yields and the flowers continue their bloom shows. If anyone has any questions on greenhouses or would like to come tour the Letcher County Extension Office Greenhouse just give us a call. Check back next month to see new additions and what's growing in our greenhouse.

Calibrachoa

Tomato Plants germinated and prepped for gardening

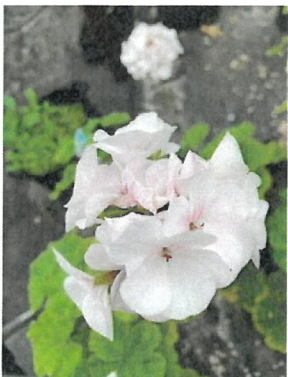
Ever sweet Strawberries



Apple Blossom Geranium

Padoc Cabbage

Peppers germinated and prepped for gardening



Nasturtium

Pansy

Red Giant Geranium



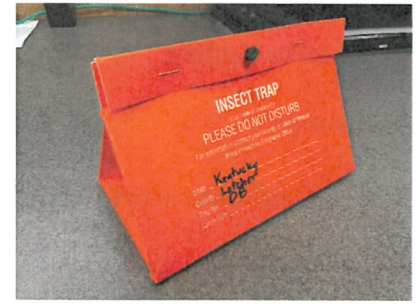


## Spongy Moth Program in Kentucky

### 2022 State Report

Kentucky has surveyed for spongy moth every year and has been doing so since 1983.

Spongy moth (*Lymantria dispar*), formerly called gypsy moth, is an invasive species from Europe that is spreading west and south in North America. In early spring, spongy moth caterpillars feed on the leaves of hardwood trees, especially oaks. During outbreaks, caterpillars can be a nuisance to the public and defoliate entire forests. This weakens trees and can kill them. [[Read more](#) about the history of spongy moth in the United States]



**The Slow the Spread survey program is located in the eastern part of the state. 469 traps were placed. We captured 97 moths.**

**The Detection survey program is located in the rest of the state. 4659 traps were placed. We captured 188 moths.**

**The combined Slow the Spread and Detection Survey area traps and positive captures. A total of 5128 traps were set and 285 moths were captured with these programs.**

In addition to the Slow the Spread and Detection survey programs, we were able to engage citizen scientists to help us survey even more areas of our state. This was our inaugural year for our Citizen Science program.

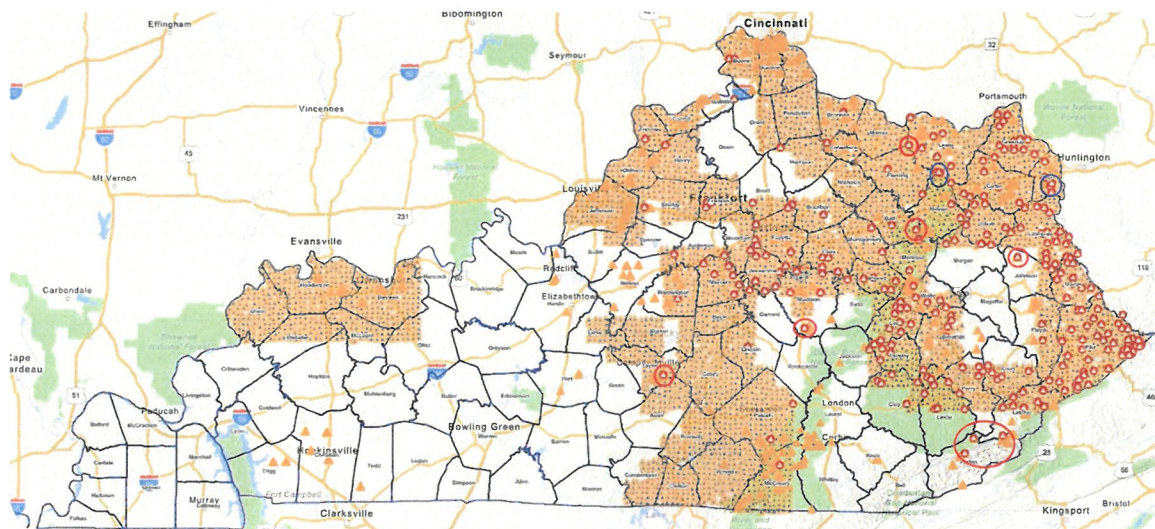
**We had 286 spongy moth traps placed in 45 of our 120 counties.**

**Of those 286 traps, 11 of those captured a spongy moth.**

**The traps placed by citizen scientists (larger orange triangles) were set both within and without our Slow the Spread and Detection survey areas.**

**The positive traps are both within and without our Slow the Spread and Detection survey areas and captured moths near other traps that did not.**

**When looking at the positive captures for all of our surveys you can see how valuable our Citizen Scientists are!**





Natural Resources Conservation Service

# Emergency Watershed Protection Buyout Program

## Sign-up open until June 30, 2023!

### Apply Now!

Opportunity for property owners in **BREATHITT, PERRY, KNOTT, and LETCHER** Counties with first floor impact from July 2022 flood event.

For sign-up please bring

- Copy of Deed
- PVA Map of Property

For further information or questions regarding this opportunity, please contact Patty Fugate at the Perry County Conservation District Office. The number is (606) 435-1725.

### Perry County

Perry County Conservation District  
310 Morton Blvd.  
Hazard, KY 41701

### Breathitt County

Breathitt County Courthouse  
County Judge Executive Office  
1137 Main St. Jackson, KY 41339

### Knott County

Knott County Fiscal Court  
54 W Main Street.  
Hindman, KY 41822

### Letcher County

Letcher County Courthouse  
County Judge Executive Office





# Strategies for Preventing the Introduction and Spread of Tomato Brown Rugose Fruit Virus

Tomato brown rugose fruit virus (ToBRFV) is a virus of tomatoes and peppers. The virus is easily spread when healthy plants come in contact with contaminated equipment, hands, clothing, or infected plants or plant parts. Because the virus is difficult to control or eradicate, prevention is critical. This document details strategies to reduce your operation's likelihood of exposure to ToBRFV. It also offers strategies for responding to ToBRFV detections, reducing spread in facilities, and preventing reinfection.



## Preventing the Introduction of ToBRFV

To reduce the risk of introducing ToBRFV into your operation, use the following sanitation and preventive practices:

- Use seed, seedling, and graft material that are certified virus-free.
- Minimize crop handling and other procedures that may wound the plants, especially early in the growing season. Early infections may result in the most severe yield losses.
- Treat each greenhouse as a separate unit, and follow the sanitation measures listed on page 3.
- Report any signs or symptoms of this disease to your State Plant Regulatory Official or to your local USDA Plant Protection and Quarantine Office.

## Response Strategies if ToBRFV is Detected

### Treatment Measures

At this time there are no chemical controls available to treat ToBRFV infected plants.

Remove all infected plant material from the greenhouse—including cull piles and other plant debris—and use the following APHIS-approved disposal method:

Apply a heat treatment (steam/autoclave) with an internal temperature of 100 °C (212 °F) for a minimum of 30 minutes to all plant material (i.e. plant parts, soil) that may contain ToBRFV. After completing the heat





## Strategies for Preventing the Introduction and Spread of Tomato Brown Rugose Fruit Virus

Apply a heat treatment (steam/autoclave) with an internal temperature of 100 °C (212 °F) for a minimum of 30 minutes to all plant material (i.e. plant parts, soil) that may contain ToBRFV. After completing the heat treatment, the material can be buried in a landfill. Use the same treatment for compost piles or incinerat

OR

- Double bag all Infected plants, associated growth media, associated containers including pots and trays, all leaf debris in and around the area where plants were stored using plastic bags of 2 mil thickness or greater. Bury to a depth of no less than 6 feet (1.83m). The material must be buried onsite, at a USDA-approved site, or municipal landfill, which is expected to remain undisturbed. Make every effort to prevent plant debris or soil from being dislodged from the plants

### Disinfection Measures

- Pressure wash (with detergent) large machinery or equipment (scissor lifts, etc.), that may have come in contact with infected plant material. Follow the two-step process below:
  1. Power wash or steam clean equipment to remove all soil and debris before it leaves infected areas; AND
  2. Disinfect all equipment (see below).
- Use one of the following disinfectants, with an exposure period of at least 15 minutes, on anything that may have come into contact with infected plants and plant material:
  - 10% bleach solution: 1 part bleach (any commercial bleach) to 9 parts water
  - Use 20.4% potassium peroxydisulfate, 1.5% sodium chloride applied at 2.0% (20 g/L or 0.17 lb/gal)

### Sanitation Measures

- Limit facility access to authorized personnel.
- Wear only clean clothing, and wash all clothing in hot water with soap prior to wearing again.
- If possible, use disposable protective clothing and gloves.
- Do not move protective clothing and tools from one area to another.
- Pull off gloves from the wrist upwards so that the glove turns inside out.
- Put all clothing into a hermetically sealed bag prior to exiting the area for washing or disposal.
- Put disposable clothing in the appropriate bin for immediate destruction.
- Use disinfectant mats at entrances for footwear and wheeled equipment and disinfect before entering and leaving areas.
- Disinfect tools before use on each plant (refer to the disinfection measures on page 2).
- Wash hands with soap or disinfectant before and after handling plants and putting on gloves.



# Strategies for Preventing the Introduction and Spread of Tomato Brown Rugose Fruit Virus

## Measures for Reducing Spread from Infected Areas

- Restrict movement:
  - Treat each infected area as a separate unit, and follow the sanitation measures listed on page 3.
  - Minimize movement between sites and move from a non-infected area to an infected area.
- Follow treatment measures on page 2:
  - Turn off irrigation water one day before plant removal to decrease the risk of sap transfer.
  - When removing plants and plant material, do not touch other plants or surfaces in greenhouses.
- Clean and disinfect susceptible materials and surfaces.
  - Follow disinfection measures on page 2 for anything that may have come into contact with infected plants and plant material including:
    - Tools,
    - Plant trays, which can also be treated by soaking in hot water at 90 °C (194 °F) for 5 minutes, or destroyed,
    - Drains, water storage areas, and irrigation system as the virus can survive in water; and
    - All agricultural machinery and equipment before moving between greenhouses.
  - Do not bring anything into an infected or suspected infected area that is not needed (jewelry, watches, phones, etc.) as everything will need to be disinfected before exiting the site.
  - Clean eye glasses with alcohol tissues after leaving infected areas.
  - Limit visitor access to a secure place with cleaning and disinfection facilities near the entrance to the greenhouse.

Follow cultural practices that reduce risk of ToBRFV spread:

- Use naïve (young) bee hives for pollination. Avoid the use of bee hives in greenhouses if infection is found prior to flowering.
- Keep records of seed and transplant sources for 3 years so they can be traced if necessary.
- Eliminate potential ToBRFV reservoirs such as weeds. Follow treatment and disinfection measures on page 2 for any potential host material.
- Scout plants for ToBRFV symptoms; take tissue samples and have diagnostic testing done on suspect plants.
- Inform workers:
  - Institute hygiene and worker training programs that include sanitation of boots, clothing, hands, and tools in production areas.
  - Post informative materials on ToBRFV in production areas.



## 10 backyard chicken basics

Having a small chicken flock in the backyard is very popular these days. To have a successful flock producing eggs for your family, you'll want to learn the basics.

1. Make sure you check your local city and county ordinances to ensure you're able to have a backyard flock. Some ordinances require a minimum amount of land and some subdivisions and homeowners' associations have their own rules.
2. Chickens require daily care. You must feed them, provide clean water and collect eggs every single day. Managing a small flock is an excellent opportunity to teach children a certain amount of responsibility, but ultimately, you'll oversee the health and well-being of your flock.
3. Birds get sick and it may be difficult to find a veterinarian to provide care for them.
4. Cleanliness and sanitation are critical elements in caring for a small flock. Everyone must wash their hands before and after handling the birds. Also, no matter how tempting, avoid bringing your chickens into the house and don't use your kitchen sink to wash equipment.
5. Poop happens. Chickens eat a lot and hens use about 60% of the feed they consume and excrete the other 40% as manure. You must have a plan for that manure. One option is adding it as an odor-free fertilizer for your home garden.
6. Keep it down. Chickens make noise. Only roosters crow, however, hens are not always quiet and can make a lot of noise letting everyone know they just laid an egg.
7. The egg season will come to an end. Chickens stop producing eggs at some point in their lives and may live a long time beyond their egg-laying years. Have a plan for what you will do with hens that stop producing. If you keep them as pets, you'll have to keep feeding them and providing other resources for their care.
8. Housing is a big part of keeping a flock. Your birds will need a house that provides shelter from the weather, nest boxes for egg laying and perches for roosting at night. Make sure housing is easy to clean and provides protection from predators. You'll have to manage their bedding well to prevent rodents from making your chickens' house their home.
9. Scratch that. Chickens scratch when they forage. If you let hens run free, you may need to place a fence around your garden if you don't want the birds to destroy it.

Know how to get chicks. You will most likely want to raise your hens from chicks. You can buy them online and have them shipped to your home, but some suppliers have minimum quantities for orders. You may have neighbors or friends who also raise chickens willing to join you in an order. Remember you'll need to provide new chicks with a heat source, such as a lamp, for at least six weeks.





## Water is nutrient no. 1 for horses

Horses rely on many nutrients to thrive including protein, fat, carbohydrates, vitamins and minerals. However, water is the most important nutrient. Water accounts for nearly 75% of a horse's body weight. Most horses need at least 6-8 gallons every day, but the amount required will vary based on weather or diet. In hot weather, horses will need more water, and a horse eating hay requires more than one on pasture. Lactating broodmares always require more water.

Always prioritize fresh, clean water for your animals for many reasons. Adequate hydration reduces the risk of colic and plays a vital role in digestion. Water helps horses regulate their body temperature, lubricates joints, assists in muscle contraction strength and get rid of waste.

Most horse managers easily prioritize clean, fresh water in the barn. They have a daily routine of checking, cleaning and filling water buckets. But outside water may end up being more accidental than routine. You can't rely on streams and ponds for your water source. Horse traffic can break down stream banks, contaminate the water source and even cause animal injuries. Regularly check stock tanks and troughs, frequently change the water and clean the container.

Stock tank water may get a bit warmer than what some horses prefer, so watching the capacity of the watering device can help. Keep water cooler by changing it more often or having the water refreshed in the waterer more often. This can help provide water horses want to drink. Carefully consider where to dump dirty water in the field so you don't create muddy areas.

Forages contain moisture and grazing horses will get some daily hydration while munching on pasture. However, still offer free-choice water sources for horses to visit throughout the day.

Learn to recognize dehydration signs in your horses. By the time you see the signs, your horse may have already lost 5% of its body weight. Dehydrated horses appear weak, have sunken eyeballs, dry mucous membranes, slow capillary refill time and an increased heart rate. Pinch the horse's skin near the base of their neck for two seconds. If the skin stays pinched, your horse most likely needs water and possibly electrolytes.





## Replacing or rescuing damaged shrubs

The extreme cold spell at the end of December 2022 caused severe damage to many shrubs and bushes around Kentucky homes. With plants greening up this spring, you may be wondering what to remove and what to attempt to rescue in your landscape.

The cold is just one part of the puzzle when shrub health declines. Other factors include soil pH, soil volume, too much or too little water and light availability.

Some shrubs may just need a good pruning and time to recover from the winter stress. If you want to try to revive the shrub through pruning, you'll need to trim it down with sturdy pruning shears. Don't remove more than one-third of the plant in a season. If the plant is healthy, it will soon produce new green shoots. If your shrub has more brown branches than green at the core, it may be time for you to remove it. When shrubs become too woody in the middle, start over with another plant.

Well-established shrubs may have large, complex root structures. Make sure to completely remove them before planting something new. Use the transition time to do a soil test so you know what amendments it will need before you bring home new plants.

If you must replace landscape shrubs and plants, Kentucky has more than 1,200 nurseries and retailers selling hundreds of types of trees, shrubs, groundcovers and perennials. With 120 counties of resources, you can buy locally without driving very far. The Kentucky Department of Agriculture's Kentucky Proud program allows individuals locate local retail garden centers that market Kentucky-grown trees and shrubs. Search the garden center database at <https://www.kyagr.com/agbus/products.aspx?group=19&category=112>.

Retailers looking to stock their garden centers with Kentucky-grown trees and shrubs may use the Landscape Plant Availability Guide <https://www.kyagr.com/marketing/plant/common-name-search.aspx>.

Kentucky also has many qualified nursery growers, retailers, landscapers and arborists. The Cooperative Extension Service offers many green-industry classes throughout the year. Kentucky nursery growers and retailers are a very well-trained group of horticulturists. They are familiar with Kentucky soil types, weather and other factors playing a role in plant performance.

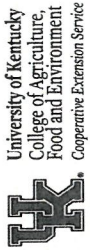
When you visit a local nursery to choose new plants, make sure and read the tags and note the light, water and soil requirements. Ensure the new plants fit your landscape.

To learn more about transplanting container plants, check out the University of Kentucky Cooperative Extension publication *Planting Container-Grown Trees and Shrubs in Your Landscape*, HO-114. You can find it online here: <https://tinyurl.com/24fx9j9p>.



# June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
Seed pumpkins and winter squash Seed leaf and bibb lettuce	Plant celery Mulch garden to control weeds and conserve moisture	Monitor for garden pests Plant tomatoes Summer prune apples and peaches	Seed lettuce as a companion plant to tomatoes	Seed bush limas Begin control measures for squash vine borer	Seed sweet corn, beets, pumpkins and winter squash Pinch blackberry canes	Seed parsley Seed cabbage, cauliflower, broccoli and Brussels sprouts
11	12	13	14	15	16	17
Side-dress sweet corn that is kneehigh with additional nitrogen	Transplant thyme Deadhead annuals to encourage more flowers	Plant peppers Prune springflowering shrubs	Plant gourds Control cabbage worms with DiPel® or row cover	Renovate (e.g., leaf removal, fertilize, etc.) strawberries after last harvest	Pinch back garden mums Seed dill	Begin bagworm control Seed basil as tomato companion plant
18	19	20	21	22	23	24
Treat lawn for white grubs using systemic insecticide	Seed pole limas and snap beans Prune pine trees	End asparagus harvest	Seed Brussels sprouts Seed or transplant savory	Harvest beet greens Turn compost	Plant late tomatoes and peppers Fertilize asparagus	
25	26	27	28	29	30	
Add non-seedbearing weeds to compost Seed peppers	Plant basil Stake peppers Transplant rosemary	Seed half-runner and pole beans	Plant cilantro Harvest summer squash			



# Letcher County

## 2023 4-H CAMP

# Time Warp

## 4-H

### Summer Camp



Clay, Harlan, Letcher, Leslie, Perry

# ADVENTURE! FRIENDS! FUN!

August 1<sup>st</sup> – 4<sup>th</sup>

J.M. Feltner 4-H Camp London,

KY

# Sign Up Today!

To reserve your spot at 4-H Camp, please complete and return the pre-registration form in this brochure. Classes are first come, first serve. Additional registration materials will be sent for you to complete.

A **\$75 deposit** is required with your pre-registration form to reserve your spot and to apply for a scholarship.

**Please return forms by June 23, 2023!**

**Make checks payable to:**

Letcher County 4-H Council

**Mail form and payment to:**

Letcher County Extension Office

478 Extension Drive

PO Box 784

Whitesburg, KY 41858

**For more info contact:**

**Crystal Smith**

4-H Youth Development Education Agent

Phone: (606) 633-2362

Email: [crystal.smith@uky.edu](mailto:crystal.smith@uky.edu)

Web: <http://letcher.ca.uky.edu/>



Find us on

**Facebook**

## Who can go to 4-H Camp? 4-H

Camp is for all Letcher County youth that will be **entering grades 4<sup>th</sup> – 9<sup>th</sup> next school year.**

## How much does it cost to go to

**4-H Camp?** The cost for camp this year

is **\$275. We have many full and partial**

**scholarships available** to assist in paying the cost.

**To be eligible for a scholarship,** you must

complete the pre-registration form in this

brochure, write a brief essay of why you

would like to attend camp, attach it to this

registration and submit it to the Extension

Office with a **\$75 deposit by June 23, 2023.**

## How do I register? Complete the

pre-registration form on the back of this

brochure and return it to the Extension

Office. **A deposit of \$75 is due with the**

**application to reserve your spot at camp.**

You will receive additional forms that must

be completed prior to camp. We are limited

on the number of youth who can attend—

**get your application in early!**

## What about school? If school is still

in session during our camping week

according to Kentucky Statute (KRS) 159

.035, you will not be counted absent from

school.

## What do you do at Camp?

Camp is packed with activities from dawn to dusk! Campers will take classes offered by certified instructors in classes like:

- Swimming → Canoeing
- Archery → Nature
- Ropes → Arts & Crafts
- Riflery → Sports
- Fishing → Lots More!

Plus, you'll have the chance to take part in exciting team challenges, nightly dances, campfires, night hikes, and more!

## Where do we sleep?

Campers stay in cabins with trained teen and adult leaders. Boys and girls are in separate cabins on separate sides of the camp.

**Sign-up today!**

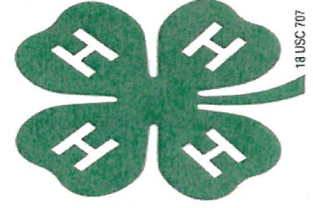


Crystal Smith

4-H Agent



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





Crystal Smith

4-H Agent



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

Letcher County 4-H  
**Art Club**

FAMOUS ARTIST SERIES  
**PABLO PICASSO**

**1-3 PM**  
**JUNE 8TH**

**LETCHER COUNTY EXTENSION OFFICE**

**PLEASE CALL US AT- 6066332362 TO SIGN UP OR FOR ANY QUESTIONS!**

Letcher County 4-H  
**Art Club**

**SUMMER Art Camp**

**JULY 5TH - 7TH**  
**1-3 PM**

**LETCHER COUNTY EXTENSION OFFICE**

**PLEASE CALL US AT: 6066332362 TO SIGN UP OR FOR ANY QUESTIONS!**





Crystal Smith  
4-H Agent



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



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



# 3-DAY COOKING CAMP

SHINE IN THE KITCHEN WITH YOUR NEW COOKING SKILLS!



Have you dreamed of having your own restaurant or cooking show? Maybe you just want to learn how to make a tasty afterschool snack for friends. Join us for the Super Star Chef cooking camp for participants ages 9 to 12. No previous cooking experience required for this free program, where you will receive cooking tools and learn how to:

- Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.
- Make homemade meals like fiesta dip, fruit and yogurt parfaits, pizza, carrot muffins and more!
- Discover foods that fuel your body and energize you.
- Learn how to read a nutrition facts label and what it takes to be "food safe"!



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

**DATE: July 11-13, 2023**

**TIME: 10:00-12:00 a.m.**

**LOCATION: Letcher County Cooperative Extension Service**

**TO SIGN UP, CONTACT: Crystal Smith, Letcher County 4-H Youth Development Agent**



Disabilities accommodated with prior notification.



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

Letcher County  
478 Extension Dr  
Po box 784  
Whitesburg, Ky 41858

RETURN SERVICE REQUESTED



Shad Baker  
Agriculture & Natural Resources



Nanette Banks  
CEA for Family & Consumer  
Sciences Education



Crystal Smith  
4-H Youth Development