

## DECEMBER & JANUARY EXTENSION EVENTS

How can I stay up-to-date?

#### **Monthly Newsletter**

Call or email to be added to the monthly email list.



#### Facebook Page

"Like" our Facebook page: <a href="https://www.facebook.com/claycoexte">https://www.facebook.com/claycoexte</a> <a href="mailto:nsion">nsion</a>



#### Webpage

Check out the county webpage at: <a href="https://clay.mgcafe.uky.edu">https://clay.mgcafe.uky.edu</a>



PO Box 421 / 69 Jameson Rd | Manchester, KY 40962 | P: 606-598-2789 | F: 606-598-2695 | clay.mgcafe.uky.edu

#### Cooperative Extension Service

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

Lexington, KY 40506

#### MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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## December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Mental Health Monday 5:00 PM	Holiday Wreath Workshop 5:00 PM	Lunch & Learn- Holiday Cookie Swap 12:00 PM			
7	8	9 Homemaker Card Club 1:00 PM	4-H Enrichment Program- CCMS	Cookies with Santa 4:00-6:00 PM	Create & Inspire Homemaker Club	Annual East KY Hay Auction 10:00 AM
14	15 4-H Make & Take Class 4:00 PM	4-H Paint Day 3:45 PM Beyond the Monarch Waystation 5:00 PM	17	18	19 4-H Explorers Club 10:00 AM	Pins 'n' Needles Homemaker Club
21	22	23	24 Offic	25 e Closed Dece	26 ember 24th-Ja	27 nuary 2nd
28	29	30 Office Closed	31 December 24	th-January 2nd	k	
				2		

## January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Office Closed	December 24	1 th-January 2nd	2	3
4	5	6 Burning Springs 4-H Clubs	7 Oneida 4-H Clubs	4-H Art Club 4:00 PM	4-H 9 Enrichment Program- CCMS  Create & Inspire Homemaker Club	10
11	12 4-H Explorers Club 11:00 AM Fruit & Vegetable Conference Jan 12th-13th	OBI 4-H 13 Clubs  Homemaker Card Club 1:00 PM  Walk Your Way Meeting 5:00 PM	14	4-H Cooking Club 4:00 PM KCA Convention Jan 15th-16th	Goose Rock 4-H Clubs	Pins 'n' Needles Homemaker Club
18	19	20	21	22 Red Bird 4-H Clubs	23	24
	26 Mental Health Monday 5:00 PM	Home Based Micro- Processing Workshop 9:00 AM- 12:30 PM Hacker Elem 4-H Clubs	28	Paces Creek 4-H Clubs	30	31



## **COOKIES WITH SANTA**

### **HOLIDAY EVENT**

Join us for pictures with Santa, Adopt a Stuffed Animal, Cookie Decorating, Crafts, Free Books, Games, & More!



Thursday
December 11, 2025
4:00-6:00 PM



Clay County EXCEL 86 Muddy Gap Road















### Family & Consumer Sciences

Building strong families. Building Kentucky. It starts with us!



Brandy Napier
Brandy Napier,
Agent for Family & Consumer Sciences
Clay County
Email: brandy.napier@uky.edu

#### **Apple Blueberry Crisp**

- 4 medium-sized apples, peeled and chopped
- 2 cups blueberries, frozen or fresh
- 4 tablespoons sugar
- 2 teaspoons cornstarch
- 1 tablespoon water
- 1 teaspoon lemon juice
- 1 cup quick-cooking oats
- ½ cup all-purpose flour
- ½ cup packed brown sugar
- 1 teaspoon ground cinnamon
- ½ cup cold unsalted butter

Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Preheat oven to 375 degrees F. Place apples and blueberries in a greased 2-quart baking dish. In a small bowl, combine the sugar, cornstarch, water, and lemon juice until smooth. Pour over apples and blueberries. In a medium bowl, combine the oats, flour, brown sugar, and cinnamon. Cut butter into the flour mixture until crumbly. Sprinkle over fruit. Bake uncovered for 40 to 45 minutes or until filling is bubbly.



Yield: 14 servings. Nutrition Analysis: 180 calories, 7g total fat, 4g saturated fat, 15mg cholesterol, 0mg sodium, 28g total carbohydrate, 2g fiber, 18g total sugars, 11g added sugars, 2g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 2% DV potassium.

## Mental Health Mondays

Take time for yourself with our Mental Health Mondays series—designed to nurture well-being through mindfulness, self-care, creative expression, and connection. Each session offers practical ways to ease stress and bring more calm and balance into your daily life, along with a hands-on self-care craft to enjoy.

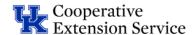
Join us on December 1st & January 26th at 5:00 PM at the Clay County Extension Office. Please call to register to ensure we have plentiful supplies.







December 1st January 26th @5:00 PM



Get into the holiday spirit with a Holiday Wreath Workshop led by Maggie Bowling of Old Homeplace Farm! Join us on December 2nd at 5:00 PM to create your own 14" festive wreath using fresh greenery, handcrafted bows, and all materials provided. It's the perfect opportunity to craft alongside friends and bring a touch of handmade cheer to your home. We are pleased to offer this workshop at the reduced cost of \$25 per wreath. Space is extremely limited, so please reserve your spot soon by stopping by or calling the office. Registration fee must be pre-paid.



Call to register 606-598-2789

Website: clay.mgcafe.uky.edu

December 2nd 5:00 PM Clay County EXCEL 86 Muddy Gap Rd.



Celebrate the season with a holiday cookie swap! Bring 2 dozen of your favorite cookies (along with the recipe!) and join us to share treats and tips for creating & keeping family traditions alive.





## Fall 2025 Walk Your Way Challenge

Attention Fall/Winter Walk Your Way
Participants: Our fall challenge is nearing its end!
Our final meeting will be held on January 13th at
5:00 PM.

Walk Your Way is a 12-week challenge based on the National Heart, Lung, & Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU. The program includes 3 in-person meetings (beginning, mid-point, and end), a schedule and log to keep you on track, and weekly newsletters with tips and information to keep you moving. Be on the lookout for our next challenge!

January 13th
5:00 PM
Clay County Extension Office
69 Jameson Rd.



Give the gift that will last all year long! Gift someone a Clay County Extension Homemaker membership this holiday season! The annual membership will include monthly newsletters, quarterly Grab & Go crafts, monthly meetings to any and all homemaker clubs, and reduced registration fees for a number of programs and workshops.



Stop by the Clay County Extension Office to purchase a membership for that special someone for only \$12 & you will receive a gift voucher to give to them.



Homemaker MEMBERSHIP



## Home Based Microprocessing Workshop

Thinking About Selling Your Homemade or Homegrown Foods? Kentucky has two pathways that can help you turn your products into profit: Homebased Processors (HBP) and Homebased Microprocessors (HBM).

Homebased Processors can make and sell a wide variety of low-risk, non-refrigerated foods including baked goods, candies (no alcohol), fruit jams and jellies (not low/no sugar), fruit pies, dried fruits/vegetables, herbs, spices, grains, nuts, granola, trail mix, and popcorn. No farming is required, and ingredients do not have to be homegrown. Products may be sold directly to Kentucky consumers from your home, farmers markets, community events, roadside stands, or online. Annual gross sales are limited to \$60,000, and resale to stores or restaurants is not allowed. Registration with the KY Department for Public Health is required each year (\$50 fee, no training). Our office is happy to help you get the application.

Homebased Microprocessors, however, are farmers who want to take their homegrown produce to the next level. HBM participants can prepare higher-risk value-added foods, including canned tomatoes, pickled products, salsa, pepper jellies, BBQ sauce, vinegars, low/no sugar jams, and pressure-canned vegetables. Certification includes a required \$50 workshop, recipe approvals (\$5 each), draft labels, water source verification, and an annual \$50 certification fee. Sales are allowed only from the farm, a Kentucky registered farmers market, or a certified roadside stand, with a \$60,000 sales cap.

Our office will be hosting our 2026 Homebased Microprocessor Workshop on January 27th from 9am-12:30pm. If you're a farmer looking to expand your value-added offerings, or want to begin selling higher-risk canned goods, this workshop is your required first step! Please call to register.







A new homemaker year is approaching quickly. Please fill out the new 2026 membership form on the following page of this newsletter and return it with your \$12 annual dues to the Clay County Extension Office. With your annual membership you will receive monthly newsletters, quarterly Grab & Go crafts, monthly meetings to any and all clubs, and reduced registration fees for a number of programs and workshops. If you have any questions, feel free to call our office at 598–2789. The next Homemaker Grab & Go craft will be available for pickup starting on December 5th.

#### Clay County Homemaker Member-At-Large

If you would like to enjoy the benefits of being an Extension Homemaker without committing to regularly scheduled club meetings, you will love being a Homemaker Member-At-Large. Members-at-Large, sometimes referred to as Mailbox Members, are held to the same high esteem and afforded all the opportunities of club members.

Clay County Extension Homemakers receive a monthly lesson and newsletter, quarterly Grab & Go crafts, and additional opportunities to engage and learn through special interest lessons and other events. For more information, contact the Clay County Extension Office at 598–2789.



#### Homemaker Card Club

Would you like to learn how to make beautiful greeting cards? Join our Homemaker Card Making Club, led by Gail Voyles! We meet the 2nd Tuesday of every month at 1:00 PM at the Clay County Extension Office. We always welcome new members. Our next meetings will be December 9th and January 13th.

#### Create & Inspire Homemaker Club

Create & Inspire, led by Lona Cornett, meets the 2nd Friday of each month from 10:00 AM – 5:00 PM at the Clay County EXCEL Building. Create & Inspire provides a warm, welcoming, and fun atmosphere that gives members the opportunity to connect with others as they work on their favorite craft or hobby. As an added bonus, members have ample space to spread out their materials and allow their creativity to flow! Bring your project and join us for a creative and inspiring day! Our next meetings will be December 12th and January 9th.





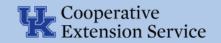
#### Pins 'n' Needles Homemaker Club

The Pins 'n' Needles Homemaker Club is led by Laura Garrison and meets the 3rd Saturday of every month at 10:00 AM at the Clay County EXCEL building. This club always welcomes new members! Bring your materials and join us with your sewing projects. Don't know how to sew, no problem...we will teach you! Our next meetings will be December 20th and January 17th.

#### **MEMBERSHIP FORM**

CLAY COUNTY HOMEMAKERS

2026





#### PERSONAL INFORMATION

Name:				
Address:				
City: State:	Zip Code:			
Cell phone: Ho	ome phone:			
Email Address:				
Club Name:				
Race:  White Black American Indian or Alaska Native Asian/Pacific Islander Hawaiian Other  Ethnicity: Hispanic Non-Hispanic	Gender: Female Male  Annual dues are \$12. Makes check payable to: Clay County Homemakers  Male			
I, (print full name) University of Kentucky, including its affiliates and sub Association, Inc., to interview, photograph, and/or vicinformation from the aforementioned interview and/o aforementioned images in educational and promotions	deotape; and/or to use and/or permit others to use r the aforementioned interview and/or the			
Signature:	Date:			
Witness:	Date:			
The Kentucky Cooperative Extension Service is required by F the characteristics of the people we serve. The	Federal law to collect and maintian information regarding he information you supply is voluntary.			
For Office Use Only:  Received by:  Date payment received:	Cash Ck#:			

THANK YOU FOR YOUR INFORMATION



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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





Kley alkins Ashley Adkins Agent for Agriculture & Natural Resources Clay County Email: ashley.adkins@uky.edu



The Kentucky Department of Fish & Wildlife Resources has established Chronic Wasting Disease (CWD) sample drop-off sites across the state, and the Clay County Cooperative Extension EXCEL Center (86 Muddy Gap Rd., Manchester) is now one of them. This program allows hunters to drop off the heads of legally harvested and telechecked deer for free CWD testing and age determination. By participating, hunters play a vital role in monitoring and protecting Kentucky's deer herd from this serious disease.

#### What Hunters Need to Know

- What to drop off: The deer head with at least 5 inches of neck attached. Bucks must have antlers removed. Heads that have been caped or skull capped may still be submitted as long as neck tissue remains.
- What is provided: Bags, tags, and instructions are available at the freezer site. Hunters must use their own knives or saws to prepare the sample.
- What to keep: Hunters should retain the tear-off portion of the sample tag. This tag includes a sample ID number that can be used to track results through the CWD Lookup App.
- Results: Testing and age determination typically take 4-6 weeks. If a sample tests positive, the Kentucky Department of Fish & Wildlife will notify the hunter directly.

#### Why It Matters

Chronic Wasting Disease is a fatal neurological disease affecting deer and elk. Proactive testing is essential to safeguard wildlife populations. By dropping off samples, hunters help ensure that Kentucky's deer herd remains healthy for future generations.

#### **Local Impact**

Having a drop-off freezer at the Clay County Extension EXCEL Center makes participation easy for local hunters. It reflects our ongoing commitment to supporting both agriculture and natural resources in Clay County. Hunters are encouraged to take advantage of this free service during deer season. Together, we can protect Kentucky's wildlife and preserve hunting traditions for years to come.

You can find more information along with a sample drop off video at:

https://fw.ky.gov/Wildlife/Pages/Chronic-Wasting-Disease.aspx

# Local Success in 2025 East Kentucky Hay Contest

The Clay County Cooperative Extension Service is proud to recognize the outstanding participation of our local producers in the recent East Kentucky Hay Contest, hosted by the University of Kentucky Cooperative Extension Service.

This year, 12 producers from Clay County entered the contest, showcasing the quality and diversity of hay grown right here at home. We are especially excited to share that one of our own earned first place in the Mixed Grass Baleage category, a remarkable achievement that highlights the skill and dedication of Clay County farmers.

The East Kentucky Hay Contest is more than a competition—it's an opportunity for producers to learn more about their forage. Each sample is tested at the UK Forage Lab, providing valuable insights into nutrient content and digestibility. This information helps farmers make informed decisions about feeding livestock, ultimately improving herd health and farm profitability. This year there were almost 600 individual samples tested across eastern Kentucky.

At the Clay County Extension Service, we are committed to supporting our producers with resources, education, and encouragement. Seeing such strong participation from our county reflects the hard work and innovation happening on local farms every day. We congratulate all of our Clay County participants and extend special recognition to our category winner. Your success represents the strength of agriculture in our community and sets a high standard for forage production across East Kentucky.

Building on the excitement of the East Kentucky Hay Contest, producers now have another opportunity to showcase and market their forage at the upcoming 2nd Annual East Kentucky Hay Auction. Hosted at the Robinson Center Pavilion, this auction will feature quality hay in both round and square bales, sold to the highest bidder by auctioneer Jonathon Montgomery. It's a chance for farmers to turn their hard work in the field into profit while providing buyers with access to tested, high-quality forage.

- Producers benefit by marketing hay directly to buyers in a competitive auction setting.
- Buyers gain confidence knowing they are purchasing quality forage.
- The event strengthens connections between local farmers, Extension agents, and the broader agricultural community.

The Clay County Cooperative Extension Service encourages local producers to consider participating. Whether you're selling hay or looking to purchase, this auction is a valuable opportunity to support regional agriculture and ensure livestock have access to the best forage available. Mark your calendars for December 13th and join us in Jackson for the 2nd Annual East Kentucky Hay Auction.

**BUYERS AND SELLERS** 

## ATTENTION 2nd Annual KENTUCKY COOPERATIVE EXT

K MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT KSU COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES

## East KY **AUCTION**

10:00am

**December 13th** at The Robinson Research Station 130 Robinson Road Jackson, KY 41339

**Accepting Hay** December 11th and 12th by appointment 8:00am -4:30pm

NO BUYERS PREMIUM

10% CONSIGNMENT FEE

WEIGHT AS RECEIVED

Nutrient analysis and average bale weight will be listed for each lot prior to sale.

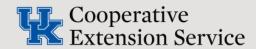
**Reed Graham Breathitt County ANR Agent** 606-666-8812

No stored outside hay accepted

Call 606-666-2438 to schedule your drop-off

**Auctioneer:** Jonathan Montgomery with Montgomery Auction Company 606-496-6530





## MONARCH WAYSTATION

**December 16<sup>th</sup> at 5 PM Clay County Extension Office** 



Learn how to maintain pollinator gardens & improve their usefulness.

Call (606) 598-2789 to register.

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Registration is now open for the 2026 Kentucky Fruit & Vegetable Conference, the premier event for Kentucky specialty crop and produce growers to connect, learn and grow their businesses. The event will take place Jan. 12–13 at the Holiday Inn Sloan Convention Center in Bowling Green, with preconference events on Sunday, Jan. 11.

This annual event is hosted by the University of Kentucky Martin–Gatton College of Agriculture, Food and Environment in partnership with the Kentucky State Horticultural Society (KSHS), Kentucky Vegetable Growers Association (KVGA), Organic Association of Kentucky (OAK) and Kentucky Horticulture Council (KHC), as well as the Kentucky State University College of Agriculture, Health and Natural Resources (KSU) and Kentucky Department of Agriculture(KDA).

Attendees will benefit from more than 80 expert speakers covering a wide range of production and marketing topics. The trade show will feature more than 70 exhibitors, offering insights into the latest products and services for growers. Fore more information visit <a href="https://kyhortcouncil.org/2026-kentucky-fruit-vegetable-conference/">https://kyhortcouncil.org/2026-kentucky-fruit-vegetable-conference/</a>

Registration is now open for the 2026 Kentucky Cattlemen's Association Convention and Ag Industry Trade Show. Join us in Owensboro on January 15th and 16th, 2026! For more information and to register online visit <a href="https://www.kycattle.org/kca-convention">https://www.kycattle.org/kca-convention</a>





#### **KENTUCKY BEEF NEWS & EVENTS**

Off the Hoof is a Kentucky beef newsletter published monthly by Dr. Les Anderson, a Beef Extension Specialist in the Department of Animal & Food Science at UK. Stay up to date on Kentucky beef information and resources at: <a href="https://afs.ca.uky.edu/extension/beef/off-the-hoof-newsletters">https://afs.ca.uky.edu/extension/beef/off-the-hoof-newsletters</a>

#### KENTUCKY

### **Pest News**

Kentucky Pest News is an E-newsletter submitted by the University of Kentucky Plant Pathology, Entomology, and Weed Science Cooperative Extension Specialists in the Martin-Gatton College of Agriculture, Food and Environment. Topics cover a variety of timely insect pests, diseases, and weeds of concern that are occurring in commercial and residential plantings. Articles containing pesticide updates, Plant Disease Diagnostic Lab highlights, insect trap counts from Princeton and Lexington, and training opportunities are also often included. Newsletter articles are posted weekly throughout the year and are available at: <a href="https://plantpathology.ca.uky.edu/extension/kpn">https://plantpathology.ca.uky.edu/extension/kpn</a>



## 4-H Events

Alissa Ackerman

Alissa Ackerman Agent for 4-H/Youth Development Clay County Email: alissa.ackerman@uky.edu

## 🎇 Get Involved in 4-H!

#### **4-H SCHOOL CLUBS**

4-H visited Red Bird Christian School, educating students on stress management techniques, exercise, and nutrition's vital role in everyday activities. Students were treated to a delicious yogurt parfait!









Students at Oneida Elementary learned about an owl's lifestyle and dissected owl pellets. Through this hands-on activity, they were able to identify the owl's prey!









#### **4-H ART CLUB**

4-H Art Club members did a great job designing mosaic coasters suitable for holiday gifts or home decor!









#### 4-H EXPLORER'S CLUB

The 4-H Explorer's Club visited Hansen's Harvest Farm in Laurel County, where members learned about mushroom tinctures and their health benefits. They also explored the business side of farm operations. We would like to thank Hansen's Harvest for hosting us!













#### 4-H IN-SCHOOL CLUBS

#### **Enrichment Programs**

Programs offered:

Bullying 101
Career Readiness
Character Building
Communication/Leadership
Financial Management
Hygiene
Manners
Natural Resources
Physical Activity/Nutrition

Take advantage of our awesome 4-H opportunities!
If interested in having 4-H in your classroom or afterschool, please call 598-2789 or email Alissa at alissa.ackerman@uky.edu.





Age 9-18

## 4-H EXPLORERS Club

December 19th at 10:00 AM January 12th at 11:00 AM





If you like adventure, we would love to have you join our 4-H Explorers Club! We focus on a variety of topics and travel to new places every month to enhance our knowledge in many different areas! Please call 598-2789 to register.





**JANUARY 8TH AT 4:00 PM** 

**CLAY COUNTY EXTENSION OFFICE** 

69 JAMESON RD.

FREE & OPEN TO AGES 9-18 **CALL 598-2789 TO REGISTER!** 

see you there!

WEBSITE: CLAY.MGCAFE.UKY.EDU



Cooperative Extension Service

THE

### 4-H Cooking Club

January 15th 4:00 PM **Clay County Extension Office** 

Please call 598-2789 to register!

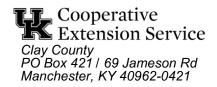
**Each meeting focuses on** new cooking skills & recipes!



Ages: 9-18, if younger, an adult must be present







RETURN SERVICE REQUESTED

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Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.