

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
OCTOBER 2023 NEWSLETTER

 **Martin-Gatton**
College of Agriculture,
Food and Environment

Franklin County
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Frankfort, KY 40601-8750
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Tips for Parents, Grandparents and Educators to Communicate With Youth

David Weisenhorn, Family and Consumer Sciences
extension specialist

Communicating effectively with youth is crucial for building strong relationships and ensuring their emotional well-being. It's essential to tailor your approach based on their age and developmental stage.

Preschoolers (Ages 3-5):

Engage in play: Preschoolers learn through play. Join them in their imaginative games, ask questions related to their play and let their stories and ideas naturally flow.

- Use simple language: Use simple and age-appropriate language. Use concrete examples and visual aids to help them understand concepts.
- Ask open-ended questions: Instead of asking, "Did you have a good day?" try, "What was your

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favorite part of today?" This encourages them to share more details.

Elementary-Aged Children (Ages 6-11):

- Show interest: Actively listen and show genuine interest in their activities, school experiences and hobbies. This builds trust and encourages them to open up.
- Share your day: Start the conversation by sharing your day, and they'll be more likely to reciprocate. For instance, "today at work, I had a challenging problem to solve. How about you? Anything interesting happen at school?"
- Scalable questions: Use the scale approach. Say, "on a scale of 1-10, how was your day?" If they say "three," follow up with, "what would make it a four tomorrow?" This helps them articulate their feelings and expectations.

Middle Schoolers (Ages 12-14):

- Respect independence: Middle schoolers are exploring their independence. Respect their need for privacy while offering a listening ear when they choose to talk.
- Ask thought-provoking questions: Encourage critical thinking with questions such as, "what's the most exciting thing you learned today?" Or "if you could change one thing about your day, what would it be?"
- Be patient: Understand that they might be going through emotional ups and downs. Offer support without pushing too hard.

High Schoolers (Ages 15-18):

- Respect their opinions: High schoolers are forming their own opinions and values. Encourage open discussions without judgment, even if you disagree.
- Ask about future plans: Show interest in their future plans and dreams. Questions like,

"what are your goals for this year?" can spark meaningful conversations.

- Be a role model: Demonstrate healthy communication by calmly resolving conflicts and showing empathy.

Handling One-Word Answers:

- Don't push too hard: If you receive one-word answers like "fine," don't push for more immediately. Give them space, and they may open up later.
- Use open-ended follow-ups: Follow up with open-ended questions like, "Tell me more about why it was 'fine'?" or "What made it a 'three'?"

Effective communication with children of all ages, from preschoolers to high schoolers, involves adapting your approach to their developmental stage. By engaging in their world, asking thoughtful questions and being patient and empathetic, parents and grandparents can nurture strong relationships and encourage meaningful conversations.



From the Fingertips of Your FCS Agent

It's football season and the beginning of fall. One of my favorite times of the year! The leaves are changing colors and falling off the trees. The weather is getting cooler.



Carla A. Carter

During the month of October, we celebrate KEHA Week, October 8-14. I encourage you to give the gift of membership and invite at least one new member to your homemaker clubs. I also strongly encourage you to get your mammogram as this is also Breast Cancer Awareness month. I had a slight scare last month and it all could have been prevented by me having regular check-ups.

Thank goodness for healing prayers; I am fine. Thank you to the Executive Council for delivering a wonderful Homemaker Kick-Off meeting!

This is a busy month as I make preparations for the Master Clothing Volunteer Conference, Heritage Skills Craft Camp, and the Ft. Harrod Annual Meeting (Registration forms are on page



14). Don't forget to join me for the Fall Wheelbarrow Painting Party on Friday, October 20, 2023.

LEADERSHIP LESSONS DATES & TIMES

- October 10th @ 5PM - Cast Iron Cooking**
- November 3rd @ 11AM - Makeup Basics**
- January 11th @ 5PM - Transferring Cherished Possessions**
- March 1st (TBD) - Savor the Flavor - Multi-County @ Boyle Co. CES (Car pool)**
- March 6th @ 12PM - Basic Technology**
- April 16th @ 6-8PM - First Aid - Multi-County @ Franklin Co. CES (Dinner provided)**

Leader lessons are free and open to the public. Please call (502) 695-9035 to reserve your spot.

From your Franklin County Homemaker President, Elizabeth Collins



Welcome Fall! This year is flying by. I can not believe that it is already October.

We have a lot of events going on this month. Also, this month we need to start getting ready for our Children's Holiday Store which will be held on November 18th. I will be e-mailing the Presidents of the Clubs asking for volunteers to help with planning. I know one of our biggest needs this year is going to be gift bags and tissue paper. No wrapping paper please. It is much faster to put everything in gift bags. I will also need someone to be in charge of the gift wrapping station.

October 10th we have our Leader Lesson "Cast Iron Cooking" at 5:00 p.m. at the Extension Office. Please let the office know if you are planning on attending.

October 13th we have our trip to Bernheim Forest. We will be meeting at the Extension Office 10:00 a.m. and leaving at 10:30 a.m. Please bring your walking shoes and a sack lunch. Please let the office know if you are planning to attend.

October 17th we will be meeting in Downtown Frankfort for a Day in Frankfort. We have invited all Area Homemakers to join us. Our tour of the State Capitol is at 11:00 a.m., we will then have lunch at Serafini Restaurant and then tour Rebecca Ruth's, Kentucky History Center and Capital City Museum. Please let the office know if you are planning to attend.

October 21st Anderson County Homemaker's are holding a Bazaar at the Anderson County Extension Office in Lawrenceburg from 9:00 to 3:00.

October 27th & 28th Heritage Skills Craft Camp – Boyle County Extension Office

October 31st Area Annual Meeting at 9:30 a.m. at the Boyle County Extension Office. Everyone is asked to dress up in your favorite costume.

Have a great October!

Elizabeth Collins
Franklin Co. Homemakers' President



Saturday, Oct. 14, 2023

4 p.m. to 8 p.m.

Lakeview Park

Featuring Culturally Diverse:

Food Trucks Entertainment
Music Booths



ADULT HEALTH BULLETIN



OCTOBER 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>

Franklin County Cooperative Extension Office
101 Lakeview Ct.
Frankfort, KY 40601
(502) 695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC: BREAST CANCER AWARENESS



October is Breast Cancer Awareness Month, a time dedicated to increasing public awareness about the signs and symptoms of breast cancer. The month brings awareness to screening, treatment, and research resources as well.

Every year in the United States, about 264,000 women get breast cancer and tragically, 42,000 women die from the disease annually. Early detection and treatment are the best ways to ensure that a person diagnosed with breast cancer is able to beat the disease.

Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women. Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find

Continued on the next page ➔



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Disabilities accommodated with prior notification.

Mammograms are the best way to find breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms.



→ Continued from the previous page

breast cancer early. That's when it is easier to treat and before it is big enough to feel or cause symptoms. Ask your doctor when you should get a mammogram to check for signs of breast cancer.

Men also get breast cancer, but it is not as common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.

Symptoms

It is important for everyone to be aware of signs and symptoms of breast cancer. Though in early stages, some people have no symptoms at all. Symptoms can include:

- Change in the size or the shape of the breast
- Pain in any area of the breast tissue
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast tissue or underarm

If you have any signs that worry you, see your doctor right away.

Prevention

There are also things that you can do to lower your risks of developing breast cancer. Some of those things include:

- Keep a healthy weight and exercise regularly.
- Do not drink alcohol, or drink alcohol in moderation.
- Breastfeed your children, if possible.
- If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.

REFERENCE:

<https://www.cdc.gov/cancer/dcpc/resources/features/breastcancerawareness>

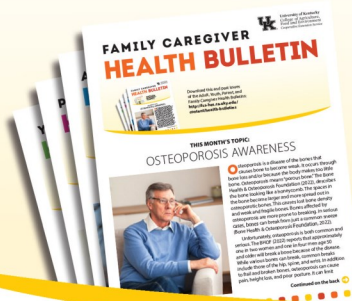
**ADULT
HEALTH BULLETIN**

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123RF.com, Adobe Stock





FAMILY CAREGIVER HEALTH BULLETIN



OCTOBER 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>

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THIS MONTH'S TOPIC:

DRIVING WHILE AGING IS A COMMUNITY EXPERIENCE IN KENTUCKY



Deciding when it is time to stop driving can be an extremely difficult and emotional time in your life. The independence to navigate your vehicle freely and safely has suddenly come into question. You might realize this on your own, after concern from family members, or concern from authorities. If you or a loved one has vision loss, is showing signs of dementia or Alzheimer's Disease, or is simply aging, there is help in Kentucky.

The University of Kentucky Human Development Institute's Driver Rehabilitation Program was established in 2000. It specializes in helping folks decide whether it is safe to continue driving. It can also help you get back behind the wheel safely and with confidence.

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Lexington, KY 40506



Disabilities accommodated with prior notification.

A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

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Here are some warning signs that you or a family member might need the Driver Rehabilitation Program:

- Trouble interpreting or observing traffic signs, signals, and other traffic
- Slow or poor decisions behind the wheel
- Needs help or instructions from passengers
- Often gets lost, even in familiar areas
- Drives too fast or too slowly
- Accidents or near misses
- Poor road position or wide turns
- Difficulty driving at night

If you or someone you know has any of the above warning signs, they may need a Driver Rehabilitation Evaluation. A Driver Rehabilitation Specialist (CDRS) with knowledge about medical conditions can give you a comprehensive evaluation to figure out if you can safely drive.

What does a driver rehabilitation evaluation involve?

The Driver Evaluation has two sections: the Clinical Component and the Behind the Wheel Component.

The clinical component

A CDRS with specialized training in evaluating driving skills administers the clinical component. This portion tests your visual and perceptual skills, ability to follow written and verbal directions, judgment, upper and lower extremity strength, and reaction time.

The behind the wheel evaluation

A driver rehabilitation specialist also gives this portion of the evaluation. It is an evaluation of your actual driving skills in different traffic conditions. A CDRS will take you driving in a vehicle with an instructor brake so the specialist can control the vehicle if necessary. These specialists work with people of all ages and abilities by exploring driving solutions for drivers with special needs.



Resources

To apply for Driver Rehabilitation Evaluation and Training in Kentucky, please contact the following programs:

Note: Costs for these services can vary. Please directly contact each program.

Lexington:

- University of Kentucky Medical Center, Driving Rehabilitation Program: (859) 218-7980

Louisville:

- Frazier Rehab Institute: (502) 429-8640
- Norton Heath Center: (502) 629-2501
- Drivabilities: (502) 893-0050

Thelma:

- Carl D. Perkins Vocational Training Center: (606) 788-6656

REFERENCE:

The Association of Driver Rehabilitation Specialists (ADED)
<https://www.aded.net/search/newsearch.asp>.

FAMILY CAREGIVER HEALTH BULLETIN

Written by:

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Stock images: 123RF.com



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2023

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

TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

- 1. Clear the clutter.** Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.
- 2. Group like-items.** Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



- 3. Give everything a "home."** After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.

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REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, “*What’s for dinner?*” It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

THE POWER OF PROFESSIONAL ROUTINES

As you consider “professional” routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P’s:

- **Prep.** Develop the routine of prepping for the next “work” day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create “production” routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for *you*. Take time to explore what works — and what doesn’t — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your “sleep” routine might include tidying up before bed.

TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

Written by: Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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

KEHA NEWS & NOTES

2024 State Meeting –

Mark your calendars!

The next KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green.

The theme is “Blazing the Way with KEHA.” Fort Harrod Area will serve as the host area. The lodging room blocks are now open for

reservations at a group rate of \$126/night (1-2 people; scaled pricing for

more people per room). Reserve your hotel room now in the KEHA group block! Find details at <https://keha.ca.uky.edu/content/state-meeting-information>.



Dates to Remember

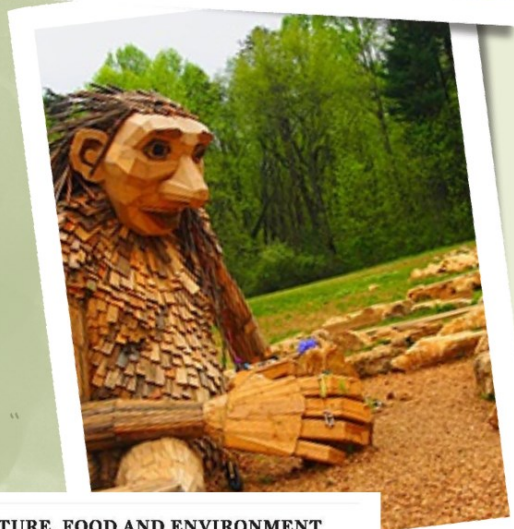
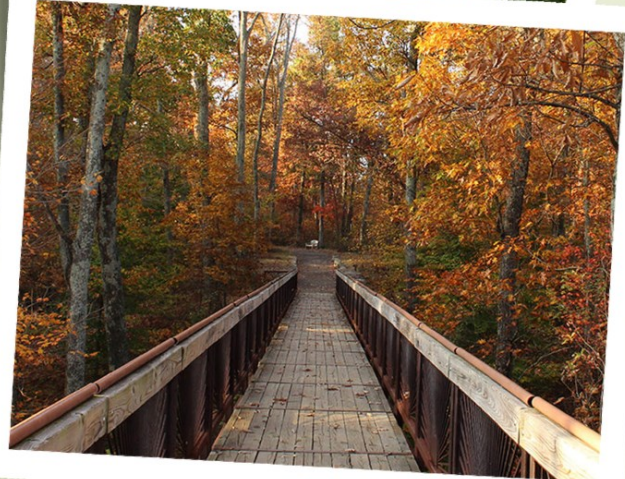
- Oct. 8-14 – KEHA Week with the theme of “Plant a seed – Help us grow.”
- Oct. 15 – Deadline for submitting session proposals for the 2024 [KEHA State Meeting](#).
- Oct. 31 – Due date to send Area KEHA Officer Directories to the KEHA President and State Advisor. Use directory form found in the [KEHA Manual Appendix](#) pages 12-13.
- Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

BERNHEIM FOREST HOMEMAKER TRIP

FRIDAY, OCTOBER 13TH

The Fort Harrod Area Homemakers will be taking a trip to Bernheim Forest in celebration of KEHA Week! County groups will meet at Bernheim at noon, enjoy a picnic lunch, and then tour the area!

To sign up and to receive detailed information on transportation, departure times, and lunch choices, please contact your Extension Office. Be advised, there will be a lot of walking on this trip, so please plan accordingly. There is no cost to sign up.



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Join the Ft. Harrod Homemakers for a day in Frankfort



**Tuesday
October 17th**

Starting at 11:00am

- The State Capitol
- Serafini's
- KY History Center
- Capital City Museum

**RSVP with your local extension office
by October 12, 2023**



FRANKFORT

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Disabilities accommodated with prior notification.

FORT HARROD AREA ANNUAL MEETING REGISTRATION FORM

October 31st, 10:00 a.m.
Boyle County Extension

Registration starts at 9:30 a.m.

Program begins at 10:00 a.m.

Theme is "Bewitching." Costumes are optional.

There will be scary stories, a costume contest, and spooky treats. Lunch is provided.

Cost is \$10, please return with registration form below.

Checks made payable to:
Boyle County Homemakers

COST: \$10

**REGISTRATION DEADLINE
IS OCTOBER 17TH**

Name: _____ County: _____

Address: _____ Phone: _____



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Show Sensitivity to Food Allergies This Halloween

Jennifer Tackett, extension specialist for 4-H youth development

For many, Halloween is one of the most anticipated holidays of the year, but if a child has food allergies, the holiday can be frightful for them and their parents. Participating in the Teal Pumpkin Project will allow you to be inclusive of children with food allergies and other medical conditions this Halloween.

The project encourages individuals to help raise awareness of food allergies and provide assistance to those who live with them. You can participate by painting a pumpkin teal, the color associated with food allergy awareness, and placing it outside. If you don't have time to create your own sign, you can print a free sign from the Teal Pumpkin Project website and post it on your house to let trick-or-treaters know that you offer non-edible treats as well as candy. You can download it from :

<http://www.foodallergy.org/teal-pumpkin-project/#.V-vZZksC98>.

In the United States, food allergies are a growing problem, with one in thirteen children living with from an allergy. Some of the most common allergens, such as nuts, milk, eggs, soy , and wheat, are frequently found in candy. In addition to food allergies, children with medical conditions such as celiac disease may be unable to safely consume certain candies.

Some candies, especially miniature or novelty-sized varieties, do not always list their ingredients on the individual packaging and may contain different ingredients than larger candies. This makes it difficult for parents to determine which candies are safe.

Finding inexpensive non-edible treats is simpler

than you might think. Here are some ideas:

- Glow sticks
- Bubbles
- Spider rings
- Vampire fangs
- Stickers, and
- Halloween erasers.



SERGER EVENT



SIMPLE SERGER BABY/LAP QUILT(40"X48")

Instructor: Debi Newman

Friday, November 10, 9:30 am–4:00 pm

Space limited to 15

This simple project is a great way to practice using your serger and make a baby/lap quilt at the same time. You will need a jelly roll with at least 24 two and a half inch WOF strips. One and a half yards of fabric for backing, one half yard for binding, and one crib size package if batting will be need to finish the quilt but will not be used in class. A threaded serger with all white or color coordinated threat to match your fabric. Please bring your instruction book and supplies that came with your serger. You will need basic sewing supplies scissors, pins, seam ripper, rotary cutter and ruler..... The goal is to finish the quilt top in class. Class Instructions and written instructions will be provided to you on how to quilt and bind your quilt at home on your regular sewing machine.

Cost is \$10 per person, per day.

Call 502-695-9035 to register.

Located at the Franklin County Cooperative Extension Office

101 Lakeview Court, Frankfort Ky.40601

Jc | **job club** 2nd and 4th Tuesday
KENTUCKY 9:00-10:15am EST

**October 10, 2023: Show Up and Show Out -
Interviewing and Job Search in 2023**

Presented by Arthur Hughes, Executive Client Partner, Heller
DeLand Group

**October 24, 2023: Job Search Best Practices:
Essentials for Finding the Right Fit**

Presented by Stacy Miller, Director of Extension
UK Human Resources

In-Person
Fayette County Extension Office
1140 Harry Sykes Way
Lexington, KY

Online
Zoom attendee registration:
<https://bit.ly/JOBCLUBKY>

UK Alumni Association **UK** Cooperative Extension Service **UK** Human Resources **f LIVE** FayetteCoFCS

JUST SAY Yes Public Health Franklin County Health Department FOS FRANKFORT INDEPENDENT SCHOOLS

6th, 7th & 8th grade families:
**YOUR CHILD IS ELIGIBLE FOR A
YES CARD!**

To sign up:

1 FILL OUT THE SIGN-UP FORM
Scan the code to the right or enter
bit.ly/requestyescard to access the form.


bit.ly/requestyescard

Questions? Reach out to Just Say Yes Program Coordinator Ellery Denny at ellery.denny@ky.gov.

Fall Wheelbarrow

Join us on Friday, October 20, 2023 at 5:30 p.m. No experience required! Marjorie Duncan Doneghy Willis will walk you through the painting process, and you will take home your completed 16"x20" painting at the end of the night. Light refreshments will be provided.

Cost is \$25 per person, including supplies.
 Space is limited!
 Register by October 19, 2023.
 Refreshments at 5 p.m.
 Painting at 5:30 p.m.

The event will take place at:
 Franklin County Cooperative Extension
 101 Lakeview Court
 Frankfort, KY 40601
 (502) 695-9035



YES! Please register me for the Fall Paint Party,
 October 20, 2023 at 5:30 p.m.
 (Please Print)

NAME: _____
 ADDRESS: _____
 CITY: _____ ST: _____ ZIP: _____
 PHONE: _____ EMAIL: _____

_____ ATTENDING (\$25.00 per person)

Enclose a check or money order made payable to:
 Franklin Co. Cooperative Extension Service or FCCES
 Mail to: FCCES, c/o FCS Painting
 101 Lakeview Ct, Frankfort, KY 40601.



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 Franklin County
 101 Lakeview Court
 Frankfort, KY 40601-8750
 502-695-9035
<http://franklin.ca.uky.edu>



Disabilities accommodated with prior notification.

Volunteer Services



Share your talents, heart, and time as a volunteer with Bluegrass Care Navigators.

Do you have a heart for helping others? We need you! Impact your community by giving your time to support our offices, patients, and families as a volunteer for Bluegrass Care Navigators.

How do volunteers make a difference?

Our volunteers use their talents and interest to participate in a wide range of activities. Those can include:

- Office and clerical work
- Data Entry
- Supporting special events and fundraising activities
- Providing supportive, friendly visits to patients
- Sitting with a patient to give caregivers a short break
- Driving patients to appointments or errands
- Helping with needs around a patient's home
- Making weekly phone calls to patients and families to check for supply needs
- Sharing professional skills, such as hair styling, massage, music and more
- Support veterans with companionship and honor ceremonies
- Providing support to patients in their final hours
- Supporting family members through the grieving process with companionship, support groups, care calls and special events
- Crocheting, knitting, sewing, and crafts
- Flower arranging/delivery

How will I know what to do?

Each regional office provides free training and ongoing support from a dedicated team member. Virtual and In person training dates coming soon!

How much time is required?

Volunteers give as little or as much time as they wish! You are in control of how often you volunteer, with no minimum requirements.

Discover how you can make a difference! Call me at 502-783-5707 or complete an application at bgcarenav.org/volunteers

Who do I contact for volunteer opportunities in Frankfort, Woodford, Anderson, and Owen Counties?

Jennifer Hubbard, Community Engagement Coordinator

jhubbard@bgcarenav.org

502-223-1744

FREE SOIL SAMPLE COUPON

During the month of October, we are offering FREE soil testing. By testing in the Fall, you will be ready to plant in the Spring. Eliminate those long waits to get your results.

Test NOW!

Compliments of the Franklin County Cooperative Extension Service.

Bring this coupon in with your soil sample(s) and receive FREE BASIC SOIL TESTING.

Redeemable only at the FRANKLIN COUNTY COOPERATIVE EXTENSION SERVICE located at 101 Lakeview Court, Frankfort KY. (502) 695-9035 <https://franklin.ca.uky.edu>

For information on how to take a soil sample:
www.ca.uky.edu/agc/pubs/agr/agr16/agr16.pdf

LIMIT 5 (FIVE) FREE SAMPLES PER ADDRESS
NO COMMERCIAL SAMPLES WITH THIS OFFER

Adam Leonberger
County Extension Agent for Horticulture

Keenan Bishop
County Extension Agent for Agriculture and Natural Resources



 Cooperative Extension Service

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FREE SOIL SAMPLE COUPON

NAME _____

PHONE _____

Form A or H

Sample #1 _____

Sample #2 _____

Sample #3 _____

Sample #4 _____

Sample #5 _____

Staff _____ Date: _____

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Fall 2023 at the Farmers Market

Visit the Market!



www.fcmarket.org

Every Sat. thru Nov. 18 | 8:30-12 noon

Every Thurs. thru Nov. 16 | Online order/Curbside pickup

Special Events for Kids

- Sat., Oct. 14: October Kids Day*
- Sat., Oct. 28: Trick or Treat at Market
- Sat, Nov 11: Candlelight at Market & November Kids Day*
- Sat, Dec. 9: Dec Holiday Market & Kids Day | 10am-1pm*

*Fun Activities and Kids get \$2 to Shop!



Shop with SNAP/PEBT? Expecting a baby & have Medicaid?
We have extra money for fresh, local food for you!



Pumpkin Apple Muffins

1 ¼ cups all-purpose flour	½ teaspoon ground ginger	1 ½ cups fresh pureed pumpkin
1 ¼ cups whole-wheat flour	½ teaspoon ground nutmeg	½ cup canola oil
1 ½ teaspoons baking soda	1 ¼ cups honey	2 cups Granny Smith apples, finely chopped
½ teaspoon salt	2 large eggs	
1 ½ teaspoons ground cinnamon		

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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

Carla A. Carter

Carla A. Carter
County Extension Agent for Family
and Consumer Sciences Education

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

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Disabilities
accommodated
with prior notification.