

# Leslie County Informer February 2024



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

Cooperative Extension Service  
Leslie County  
22045 Main Street #514  
Hyden, KY 41749-8568  
606-672-2154  
Fax: 606-672-4385  
extension.ca.uky.edu



## Wreaths Across America

Leslie County 4-H Teen Council participated in the Wreaths Across America Ceremony held in front of the Leslie County Courthouse Saturday, December 16th. Afterwards we visited two local cemeteries where we read over 100 names of the veterans buried there and placed wreaths on their graves. Wreaths Across America is a fantastic way to teach those around us what serving our country has accomplished, what sacrifices were made, and ways we can each remember those who have passed and honor those who have or are currently serving our country. A total of 600 wreaths were placed on graves of veterans buried in 142 cemeteries in Leslie County. Thank you to those who have served and continued to serve. Also, thank you to Mollie Sizemore for making this opportunity possible for our community.

*Vicki R. Boggs*

Vicki R. Boggs  
County Extension Agent for  
Family and Consumer  
Sciences Education  
vicki.boggs@uky.edu

*Dawna Jace Peters*

Dawna Jace Peters  
County Extension Agent for  
4-H Youth Development Education  
jace.peters@uky.edu

*Michelle Brock*

Michelle Brock  
County Extension Agent for  
Agriculture & Natural  
Resources Education  
michelle.brock@uky.edu

### Cooperative Extension Service

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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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



Disabilities  
accommodated  
with prior notification.

## LIMIT CAFFEINE

Maybe you have heard a grownup say that they need coffee in the morning to help them wake up or that energy drinks are dangerous to drink. This is because some drinks, like coffee and energy drinks, have caffeine in them. Caffeine is a chemical found in certain plants that we use to make foods and drinks, such as tea leaves, coffee beans, cacao (used to make chocolate), and kola nuts (used to give cola soda its flavor). Caffeine is a stimulant which means it can make us feel more awake. Many people drink caffeine because they think it helps them to wake up or think more clearly. But no one needs caffeine, especially kids.

People who drink caffeine every day may start to feel like they need it. If regular caffeine users don't get their daily dose, they can begin to feel bad. People who are used to caffeine and don't get it can have headaches or trouble focusing and feel tired or grumpy. Caffeine can make you feel hyper or make it difficult to focus. A lot of caffeine can also cause other, not-so-great effects.

Too much caffeine can:

- make you feel nervous, jittery, or jumpy. Your hands may shake, or you may not feel like you can sit still;
- make it hard to fall asleep, which might mean you start to feel very tired or sleepy later on; or
- give you a stomachache, headache, or racing heart. People with heart problems should not drink caffeine at all.



Caffeine isn't a nutrient, like calcium, so you don't need it. Kids under 12 should skip drinks with caffeine altogether. Teens should not get more than about 100 mg a day. So how much caffeine is in certain food and drinks? Below is a list of the average amount of caffeine in common items.

- Mountain Dew (12-ounce can): 55 mg
- Coca-Cola (12-ounce can): 34 mg
- 7-Up (12-ounce can): 0 mg
- Red Bull Energy Drink (8.3 ounces): 80 mg
- Brewed coffee, drip method (5 ounces): 115 mg
- Iced tea (12 ounces): 70 mg
- Dark chocolate (1 ounce): 20 mg
- Milk chocolate (1 ounce): 6 mg

Kids should mostly drink water throughout the day and milk with meals. If you choose a soda or chocolate treat, it is a good idea to read the label to see how much caffeine is in a serving. You can look for drink options such as sparkling water or club soda, which still have carbonation (the fizz that many people like in soda) but do not contain caffeine or sugar.

For more information contact Jace Peters 4-H Youth Development Agent at (606) 672-2154. Resource: <http://fcs-hes.ca.uky.edu/content/health-bulletins>.





# WHAT'S COMING UP IN 4-H



4-H Youth Bee Club Meeting will be February 26 – 4:00 p.m.  
at the Leslie County Extension Office.



# WHAT'S BEEN HAPPENING IN 4-H



Jace Peters attended the 2023 Positive Youth Development Conference held in Bowling Green, KY. The conference consisted of workshops, networking and learning about new 4-H programs. Jace along with others were recognized for graduating the Youth Development Institute and received a Certification of Mastery in Youth Development. The Youth Development Institute is a yearlong program that focuses on intensive exploration/education in youth development. Its purpose is to help agents gain a better understanding of Positive Youth Development concepts and bring those back to their counties. Leslie County was also recognized as an official certified county for the Kentucky 4-H Bee Ambassador Program. A huge thank you to Garry Ostrander and his dedication to bees in our community. 4-H is the place to bee!

## 4-H Silent Auction Fundraiser

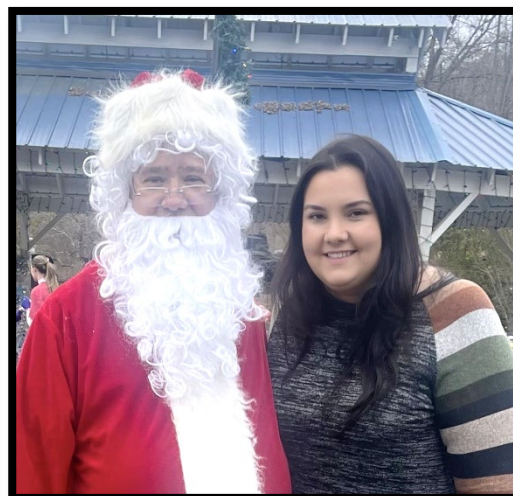
Friday, December 1st following The Parade of Lights, Leslie County 4-H held their Annual Silent Auction. We are very thankful and truly grateful for the generosity shown for our 4-H youth. Your contribution has made such a meaningful difference in the lives of our youth. We are incredibly touched by the huge outpour of donations and support from many local/neighborhood businesses and citizens. The following were contributors for our 4-H Annual Fundraising Silent Auction: Advance Auto Part, Appalachian Physical Therapy, Bernice Bowling, Carol Joseph, Cisco Fugate, Complete Care Pharmacy, Decorating Center, Derek Lewis, Eva Ruth Morgan, Garry Ostrander/Pure Whie Tail Bundle, Holler Honey, Hyden Citizens Bank, Horton Hardware, Julie Hall, Just Around The Corner - Misty Mitchell, Just Around the Corner - Natasha Fouts, Kentucky Farm Bureau, Leslie County Library, Little Sugar Doll Boutique, London Dental Center of Excellence, Lucy Scott, Marilyn Osborne, Medicine Shoppe, Rainbow Room, Rosetta Pennington, Ruth Ann Shell, Salon 80, Natasha Roberts, Sizemore's Chevron, Spirit Central, Sports Connection, Subway, Texas Roadhouse, The Mint Cottage, Tracy Estridge, and Triple J Wholesale.

We are so thankful for the continued support of our 4-H program. We would like to extend invitations to everyone to participate as a 4-H donor. Contributors, please remember Leslie County 4-H in upcoming and future fundraising efforts. For any question, please contact Jace Peters, Leslie County Agent for 4-H Youth Development Education at (606) 672-2154 or [jace.peters@uky.edu](mailto:jace.peters@uky.edu)



## Red Hat Santa Day at Riverfront Park

Leslie County 4-H joined the City of Hyden and other local organizations for Red Hat Santa Day. This event was on Saturday, December 9th from 11-1 at Riverfront Park. It consisted of free food, health information, train rides, a visit with Santa and music. Leslie County 4-H did holiday crafts.





## 2024 4-H State Teen Conference

June 11th-14th

During this four-day conference, teens develop valuable life skills, leadership competencies and communication abilities. They experience college life by living on the University of Kentucky campus, attend educational majors based on your interests, complete a leadership minor, community service project, attend Cloverfest, Fashion Revue, Performing Arts Showcase, State 4-H Officer elections, and make new friends across Kentucky.

#illuminateky4h



We would like to thank everyone for participating in our "How Can we Serve You Better UK Survey". Debbie Gross was the winner of our drawing held for participants.

### Civil Rights Act-Compliant Statement

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable 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 Institutional Equity and 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.

## When And Where To Get Medical Care

### Coming Up

Feb. 1, 8, 15, 22	DROP IT LIKE IT'S HOT!
1:00 p.m.	
Feb. 6 <sup>th</sup>	Hayes Lewis
9:45 a.m.	Professor Popcorn
Feb. 6 <sup>th</sup>	WB Muncy
11:30 p.m.	Professor Popcorn
Feb. 6 <sup>th</sup>	FMD Unit
1:30 p.m.	LCHS
Feb. 8 <sup>th</sup>	Stinnett
9:40 a.m.	Professor Popcorn
Feb. 9 <sup>th</sup>	Mountain View
11:50 a.m.	Professor Popcorn
Feb. 12 <sup>th</sup>	Hyden Homemakers
5:00 p.m.	Club Meeting
Feb. 14 <sup>th</sup>	DROP IT LIKE IT'S HOT!
12:00 p.m.	
Feb. 15 <sup>th</sup>	Beech Fork
1:00 p.m.	Homemakers
Feb. 23 <sup>rd</sup>	Cooking Through the Calendar
12:00 p.m.	
Feb 28 <sup>th</sup>	Lunch & Learn
12:00 p.m.	Healthy Eating Around the World
Feb. 29 <sup>th</sup>	Diabetes Support
10:00 a.m.	Group Meeting
Feb. 29 <sup>th</sup>	DROP IT LIKE IT'S HOT!
11:30 a.m.	

The types of medical providers has changed rapidly over the past several years. From company name changes and insurance coverage shifts to pop-up clinics and telemedicine, it can be confusing to know which type of provider best suits your needs.

For serious emergencies, always call 911. For example, if you or a person in your care has any of the following:

- isn't breathing or is turning blue;
- is unconscious;
- is having a seizure;
- has a serious allergic reaction;
- has a broken bone that sticks out through the skin;
- took an unknown amount of medicine or
- has a large cut that won't stop bleeding.

Other serious situations need medical attention but may allow for you to transport yourself or someone in your care to an emergency room (ER) or hospital emergency department (ED). Go to an ER if you or someone in your care: •has trouble breathing; •has a stiff neck and a fever; •is experiencing a continuous fast heartbeat; •ingested a poison, drug, or unknown substance; •has a head injury and is vomiting; •has an eye injury; or •has a serious burn.

Call your primary-care provider's office with any health-related questions or nonurgent health concerns. They can help you decide what steps to take and how. Call for problems such as a fever, ear pain, a sore throat, belly pain, vomiting or diarrhea, a headache that doesn't go away, possible dehydration, rash, wheezing, or a lasting cough. Calling your regular provider for these kinds of concerns supports "continuity of care" (always seeing a provider who knows you).

If you cannot get to your provider's office or it is after hours and the office is not open, you can go to an urgent care center. Urgent care centers can manage the

same problems as your regular health-care provider. These centers also can provide services like X-rays, stitches, and splints.

Telehealth, or telemedicine, are virtual "visits" to a health provider using your phone or computer through an app or website. You can talk to a provider face-to-face — and the provider can see you on the screen. Your regular health-care provider or health system may provide telemedicine services, and some health insurances offer telemedicine providers. You may want to consider a telemedicine appoint for problems such as: •rashes; •minor cuts or burns; •pink eye (conjunctivitis); •colds; •fever; •mild allergic reactions; •vomiting •diarrhea

If you receive care in an ER, at an urgent care center, or through a telemedicine visit, follow up with your primary-care provider afterward. That way, your provider has the most up-to-date information about your condition and can continue any needed follow-up care.

Resource: <http://fcshes.ca.uky.edu/content/health-bulletins>



**Check out our Facebook Page: <https://www.facebook.com/lesliecoextension>**

## *What's Coming up in Extension?*

**REMINDER! Please call (606) 672-2154 to reserve your spot for all programs.**

### **Leslie County Extension Hyden Homemakers**

Plan to meet at Leslie County Extension at **5:00 p.m. on Monday, February 12<sup>th</sup>** for their regular monthly meeting. Please contact **Faye Couch at 672-3231 or Vicki Boggs at 672-2154 for more information.**

### **Leslie County Extension Beech Fork Homemakers**

Plan to meet at Lower Beech Fork United Methodist Church on **Thursday, February 15<sup>th</sup>**. For more information concerning homemaker meetings contact **Vicki Boggs at 672-2154 or Donna Nantz at 374-5251**



### **Cooking Through the Calendar: February 23<sup>rd</sup> - 12:00 Noon – Everything Tuna Melts**

We all love the free recipe calendars the Extension Office provides each year! Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle. **ARH** continues to partner with us and plans to provide incentives for this health and wellness program. **Sign up soon**, spaces are limited. For more information and to sign up for this class please contact Leslie County Extension at 672-2154. It starts with us. #UKFCSExt.

### **Homemaker Leader lesson, Lunch and Learn**

#### **February 28<sup>th</sup> at 12:00 Noon - Healthy Eating Around the World**

We're going to take a trip around the globe to learn about dietary guidelines from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. Nanette Banks, Letcher County FCS agent, will be presenting this lesson. For more information and to sign up for this class please contact Leslie County Extension at 672-2154.

### **DROP IT LIKE IT'S HOT! Health and Wellness 10 week Program: Thursdays, beginning January 25th: See flyer enclosed for all dates.**

Join us for a fun health and wellness challenge that will keep you motivated and the best part, you make your own goals. Each month will include new challenges, activities and recipes to help keep you on track to meet new wellness goals! **Please call 672-2154 today to sign up.** Contact [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information. It starts with us. #UKFCSExt

### **Diabetes Support Group Meeting –Thursday, February 29<sup>th</sup> at 10:00 a.m.**

**Please call 672-2154 to sign up for this monthly program! (See enclosed flyer for more details.)**



UK Cooperative Extension Service

# DROP IT LIKE IT'S HOT

**10-week program**

At the first session we will go over what to expect throughout the program and make **goals** for ourselves. For the next 10 weeks you will have different **health** challenges for each week. **Call to register @ 672-2154**

**Dates: **Thursdays:** January 25 @ 11:30. February 1, 8, 15, & 22 @ 1:00. 29 @ 11:30. March 7, 14, 21 @ 1:00 & 28 @ 11:30**

**Location: Leslie 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

Co-funded program of Kentucky Cooperative Extension: serve all people regardless of race, sex, or social class and full free distribution on the basis of need. This program is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the University of Kentucky. University of Kentucky, Lexington, KY 40546

# DIABETES SUPPORT GROUP

**FEB 29** Last Thursday of each month

DISCUSSION TOPIC:  
**Emergency Preparedness with Diabetes**

Join us in person at the Leslie County UK Extension Office. Family and support caregivers are welcome to attend.  
Or join via zoom from anywhere:

**ARH**

**10AM Hyden**

**Leslie County UK Extension Office**  
@ 22045 Main Street

**10AM: JOIN VIA ZOOM**  
zoom.us/my/arhdiabetessupport

**TO PRE-REGISTER OR FOR MORE INFO:** 606.672.2154 csmith11@arh.org

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

## *What's Been Happening in Extension*

**Holiday Make and Take was held November 6<sup>th</sup> at Leslie County Extension from 4:00 p.m.-7:00 p.m.**  
In appreciation of our clientele, volunteers and staff each year we invite the community to attend our Christmas Holiday Make and Take! We had 27 who attended our fun filled evening of “holiday family fun”!. It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.







**Diabetes Support Group Meeting #6** was held on Thursday, November 30, 2023. Our 6th support group meeting was attended by 7 members. Participants enjoyed the tasty, scalloped turnips and learned more during our lesson on Think Your Plate (FCS3-548) What Does Healthful Eating Mean if I have Diabetes? We appreciate our local partnership with ARH Healthcare providing many beneficial resources for our community meetings. Plan to join us each month for our Diabetes Support Group here at Leslie County Extension, the last Thursday of each month at 10:00 a.m. It starts with us. #UKFCSExt. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.

**Homemaker Service Project Opportunity: Goodies for Relay for Life:**

**Held December 7<sup>th</sup> @ 1:00.** Leslie County Extension as homemakers gathered and prepared and packaged goodies for Leslie County Relay for Life Santa Candy Shoppe, held here on December 8<sup>th</sup>. Funds raised are used for local cancer patients. Special thanks to these homemakers who were able to serve our community!



**Leslie County Extension Beech Fork Homemakers** met at Lower Beech

Fork United Methodist Church on December 21st for their regular monthly meeting. There were 6 participants who enjoyed the Emergency Health Information Homemaker leader lesson. Special thanks to Donna Nantz for teaching and sharing this very important lesson. For more information contact **Donna Nantz @ 374-5251** or **Vicki Boggs @ 672-2154**. It starts with us. #UKFCS Extension.







**Leslie County Extension Hyden Homemakers** met at Leslie County Extension at 5:00 p.m. on **December 11th and January 8<sup>th</sup>**. Homemakers enjoyed the fellowship and sharing at their Christmas meeting. January Homemaker meeting was a sewing project, that many enjoyed. A “heart” applique, seasonal sewing class was taught by Bernie Bowling. Special thanks to Bernie for teaching this class! For more information contact **Faye Couch at (606) 672-3231 or Vicki Boggs at (606) 672-2154**. It starts with us. #UKFCS Extension.

**Cooking Through the Calendar** held **November 30<sup>th</sup> and December 14<sup>th</sup>**. Homemakers gathered to enjoy our November and December Cooking Through the Calendar Lessons. The November recipe was Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes. It spotlighted nutritional benefits of sweet Potatoes used in this recipe. December was a



delicious Loaded Beef Stroganoff which spotlighted the vegetable peas and how they are a good source of protein and iron. Cooking through the Calendar is supported by the Kentucky Nutrition Education Program (KYNEP), which is administered by the University of Kentucky Cooperative Extension Service. The goals of both organizations are to educate families and individuals and to help them plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle.



**ARH** continues their partnership with us and provided \$20.00 grocery gift cards to each participant as promotional incentives for our program. We greatly appreciate

**ARH** for being a valuable partner in supporting health and wellness for our community! It starts with us. #UKFCS Extension. Contact us at 672-2154 for more information.

**DROP IT LIKE IT'S HOT!** Participants met on **November 30<sup>th</sup> and December 14<sup>th</sup>**.



Participants weighed in, summarized, and discussed the challenges and benefits of sleeping well, drinking more water and being mindful to take steps daily to remain active. November, we shared an educational lesson on Meal Prepping and how it saves time and frustration, health habits tracking and Plate It Up Potato and Broccoli Soup recipe. The December meeting included a lesson on Habits and tracking them. We also had Plate It Up recipes for Blueberry French Toast Bake. Benefits of their GOALS and CHALLENGES were discussed along with activity to end our programs! Join us in this fun wellness program that will keep you motivated and the best part, you make your own goals! **Sign up today at 672-2154 to join this new Goal Setting and Challenge Program!** It starts with us. #UKFCS Extension. Contact us at 672-2154 or [vicki.boggs@uky.edu](mailto:vicki.boggs@uky.edu) for more information.

***\* Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!***





## Everything Tuna Melts



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

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

apple slices and cheese. Sprinkle with everything bagel seasoning.

7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
8. Refrigerate leftovers within 2 hours.

**Note:** This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

**Makes 5 servings**  
**Serving size: 2 bagel halves**  
**Cost per recipe: \$7.52**  
**Cost per serving: \$1.50**

**Nutrition facts per serving:**  
320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

**Source:**  
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





Michelle Brock  
ANR Agent

# Freezer full of Venison?

How about trying something new.

Deer season is over and hopefully your freezer, like ours, contains lots of wonderful venison. Now what do you do? If you're like me you can only stand so much deer roast. How about trying a new recipe?



## Slow Cooker Venison Enchiladas

Servings: 6 Serving Size: 1 enchilada

### Ingredients

- 1 ground venison (may substitute elk or beef)
- ½ cup chopped green pepper
- 1 cup chopped onion
- 1 can (16 ounces) low sodium pinot or kidney beans, drained and rinsed
- 1 can (15 ounces) low sodium black beans, drained and rinsed
- 1 can (10 ounces) no-sodium diced tomatoes with green chilies, undrained
- 1/3 cup water
- ½ teaspoon cumin
- ¾ teaspoon chili powder
- ¼ teaspoon pepper
- 6 corn tortillas
- 1 cup colby jack cheese, shredded



### Directions

In a large skillet, cook meat, green pepper, and onion until meat is browned. Add the beans, tomatoes, water, cumin, chili powder, and pepper, and bring to a boil. Reduce heat, cover, and simmer for 15 minutes. In a slow cooker, layer 1/3 of meat mixture, 2 tortillas and 1/3 cup of cheese. Repeat the layers 3 times. Cover and cook on low for 5 to 7 hours.

Source: Adapted from: "Fish & Game Cookbook" Bonnie Scott. 2013.

Nutrition Facts per Serving: 370 calories, 8g total fat, 4g saturated fat, 80mg cholesterol, 350mg sodium, 39g total carbohydrate, 10g dietary fiber, 3g total sugars, 31 g protein, 15% DV calcium, 35% DV iron, 15% DV potassium

### Cooperative Extension Service

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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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



Disabilities  
accommodated  
with prior notification.



Leslie County Cooperative Extension  
22045 Main St #514,  
Hyden, KY 41749  
606-672-2154

# ROOTSTOCK ORDERS

## Now Available

Apple and Pear Rootstock \$2 each

Place your order at the Leslie  
County Extension office.

Orders are due by January 31st  
and must be prepaid.

Stock is limited, and will be processed  
on a first-come, first-serve basis.

### Cooperative Extension Service

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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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



Disabilities  
accommodated  
with prior notification.

Receipt No. \_\_\_\_\_

## 2024 Plant Order Form

**Purchaser Information:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

**Leslie County Cooperative  
 Extension Service**  
 22045 Main St. #514  
 Hyden, KY 41749  
 (606) 672-2154

Quantity	Item	United Price	Total
___ bundles	Strawberries (Allstar) (June bearing - larger berry)	\$6.50 ( bundle of 25)	
___ bundles	Strawberries (Earliglow) (June bearing -smaller sweeter berry)	\$6.50 ( bundle of 25)	
	Blackberries (Natchez)	\$ 4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$ 8 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$ 8 each	
	Raspberries (Prelude) - bare root	\$ 4 each	
	Jewel Black Raspberries	\$ 4 each	
	Asparagus (Millennium)	\$ 1 each	
___ bundles	Onion plants (Candy)	\$5 ( bundle of 60)	
		Total Due	

**Pre-payment is required by Friday, March 15, for all plant orders.**

**Make checks payable to: Leslie County District Board**

**Payment Information:**

amount Paid: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Received by: \_\_\_\_\_  
 Check No.: \_\_\_\_\_

*Plants are expected to ship from the nursery during the first week of April. We will call you and let you know when the plants will be available for pickup.*

### Cooperative Extension Service

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

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation 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 40546



Disabilities accommodated with prior notification





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

LESLIE COUNTY 4-H

**CHOCOLATE COVERED  
STRAWBERRIES**

**\$10 per half-dozen or \$15 per dozen**

**Call 672-2154 to order**

*Free local delivery to schools and businesses. Order by  
February 9th. Will be delivered February 14th.*

**ALL PROCEEDS WILL DIRECTLY BENEFIT LESLIE COUNTY 4-H YOUTH!**

RETURN SERVICE REQUESTED

Leslie County Cooperative Extension  
22045 Main Street #514  
Hyden, KY 41749-8568

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

