

LEWIS COUNTY

From Your FCS Agent

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Recipe/Closings

Hello all....Since our last newsletter, we've added a new 4-H Agent, Ashley Hunt. Ashley spent time at 4-H Camp this summer and now, like all of us, is staying extremely busy preparing programs for this fiscal year.

Gardens were late producing this summer, but we have had fun teaching nutrition and exercising with kids ages 4-17 at Farmers Market in order for them to receive Kid's Bucks (sponsored by Lewis County Farm Bureau). In 5 days of providing Kid's Bucks, we served 122 children. They were able to spend their money on fruits and veggies.

As fall approaches, our programming increases....Laugh and Learn once/month at the LCPublicLibrary, Parenting - The Second Time Around (Third Thurs/monthly at LCExtension Office, Comprehend - Nutrition Class, Senior Citizens - Disaster Awareness/Exercise, Headstart - LEAP. **Please check out the activities that have been scheduled in our office.**

Christa O'Call

Lewis County FCS Agent

Important Dates

- **September 16th- Ribbon Wreath Workshop**
- **September 28th- Harvest Fest**
- **October 2nd- Air Fryer Workshop**
- **October 3rd- Paint Class**
- **October 23rd- Fabric Ornament Workshop**
- **November 4th- Mosaic Class**



Ribbon Wreath Making Workshop



You will have a choice of Fall or Christmas Colors

One person may purchase a total of two!

\$10

Lewis County Extension Office
284 Second Street Vanceburg, KY
606-796-2732

September 16th at 5:00- 7:30 p.m.

Please RSVP and pay by September 12th



Disabilities accommodated with prior notification.

Laugh and Learn

Meet Monthly at the Lewis County Public Library

Do you have any kids/grandkids that could benefit from this program? Give us a call at 606-796-2732 and we can provide you with more information!

Ages 2-4

Dates:

September 9th at 1 p.m.

October 14th at 1 p.m.

November 10th at 1 p.m.

December 9th at 1 p.m.



Paint Class

Lewis County Extension Office
284 Second Street Vanceburg, KY
606-796-2732

\$25

October 3rd at 5:30 p.m.

You must sign up and pay in advance no later than September 27



Disabilities accommodated with prior notification.

HARVEST

Fest



September 28th, 2024

SEPTEMBER 28, 2024 8:00 A.M. - 2:00 P.M.

PUMPKIN PIE CONTEST ENTRIES TAKEN FROM 11:30 A.M. - NOON

Get your produce, crafts and other items during our annual Harvest Fest!

An pumpkin pie contest will be held for ages 9-13, 14-17 and adult 18 and up

Rules

- One pie entered per person
- Pies must be completely cooled
- A copy of the recipe must be submitted at time of entry with name, address and phone number on the back
- Entries will be taken from 11:30 a.m. - 12:00 noon

For questions or to secure a spot to sell your goods, please call the Lewis County Extension Office at 796-2732

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40506

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Lexington, KY 40506



PUMPKIN ART CONTEST



September 28, 2024

Lewis County Farmer's Market

AA Highway in Vanceburg, next to the Lewis Co Health Department

Registration: 10:00-10:30am

Judging: 10:30am

Awards: 11:00am



Rules:

- Participants must attend Lewis County Schools (homeschool included)
- Participants allowed one entry per category
- Participant must be present during the awards to win
- Age groups are 7-8, 9-13, 14-18 years of age. Age is based on the child's age on January 1, 2024.

Categories:

- Best Painted Pumpkin: Only paint allowed.
- Best Decorated Pumpkin: Any type of media allowed (paint, carving, clay, extra decor, etc)

Prizes:

- 1st Place - \$50, sponsored by Primary Plus of Vanceburg
- 2nd Place - \$35, sponsored by Farmers Cooperative Insurance
- 3rd Place - \$25, sponsored by Trace Creek

FOR MORE INFORMATION, PLEASE CALL OR EMAIL LEWIS COUNTY 4-H AGENT ASHLEY HUNT (606-796-2732) OR ASHLEY.MHUNT@UKY.EDU

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AIR FRYER

Workshop



Lewis County Extension Office
284 Second Street Vanceburg, KY
606-796-2732
October 2nd at 10 a.m.
Must RSVP by September 27th



Tollesboro Fair Floral Hall



Kids Bucks

Sponsored by Lewis County Farm Bureau & Vegetable Producers





Folded Fabric Ornament Workshop

NO Charge- All fabric is provided

Lewis County Extension Office
284 Second Street Vanceburg, KY
606-796-2732

October 23rd at 10 a.m.

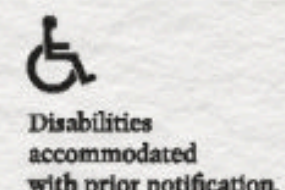
Please RSVP by October 18th

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4-H Youth Development
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We will be closed
for Thanksgiving

November 28th and 29th

We will re-open on Monday, December 2nd
at 8:00 a.m.

2024

**LICKING RIVER AREA
ANNUAL MEETING**

OCTOBER 15, 11:00 AM

Blazing the Way Through KEHA

@ Mason County Extension Office

800 US-68, Maysville, KY 41056

Inspirational-Lewis
Door Prizes-Robertson
Table Favors-Menifee
Table Favors-Morgan
Pledge-Bath
Program/Flyer-Fleming
Hostess-Mason
Registration-Montgomery
Creed-Rowan
Décor-Bracken

 **GUEST SPEAKER:**
BRAD ALFORD

 **CALL YOUR LOCAL
EXTENSION OFFICE TO
SIGN UP!**

 **TICKETS ARE \$16**

 **DEADLINE TO REGISTER
IS OCTOBER 10TH!**

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Family and Consumer Sciences
4-H Youth Development
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Disabilities
accommodated
with prior notification.

UK Cooperative
Extension Service

Mosaic Class

\$40

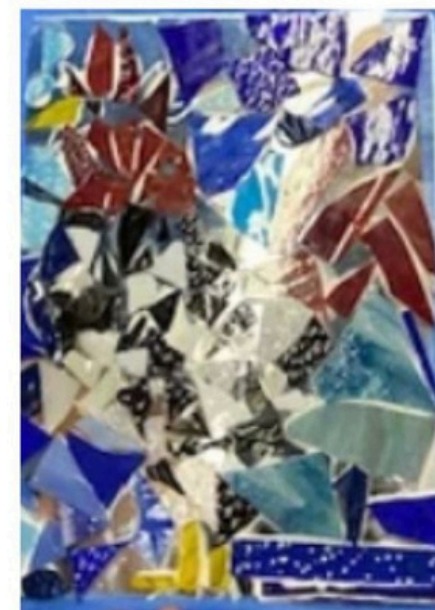


**Lewis County Extension Office
284 Second Street Vanceburg, KY
606-796-2732
November 12th at 5:30- 7:30 p.m.**



**Please RSVP and pay by November
4th**

GLASS
with
Sass WITH PAMELA R. MCGLONE



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4-H Youth Development
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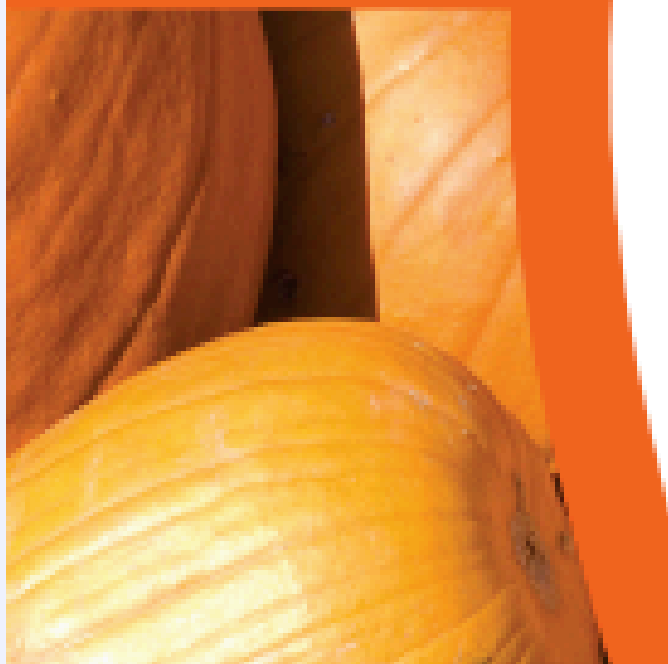


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Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts



Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

WE WILL BE

CLOSED

FOR THE

Holidays!

FROM DECEMBER 25
TO JANUARY 1