

Rockcastle County Cooperative Extension Service

All-Programs Newsletter

June 2023



Our Purpose

We deliver information, education, and solutions. And we grow ideas into better communities, stronger local economies, and healthier lives.

Rockcastle County Program Areas

4-H Youth Development

4-H is a youth organization committed to building outstanding leaders with marketable skills to succeed in today's global society. 4-H empowers youth to reach their full potential, working and learning in partnership with caring adults.

Agriculture & Natural Resources

Our program provides education, training and technical assistance to individuals and businesses concerned with profitable agriculture.

Family & Consumer Sciences

FCS Extension programs aim to improve the quality of individual and family life through education, research, and outreach.



Our Staff

Pictured left to right: Sitting- Alyssa Cox, 4-H Agent, Hazel Jackson, FCS Agent

Standing- Garrard Coffey, Agriculture Agent, Emily Reynolds, Staff Assistant, Hannah Prewitt, All-Programs Assistant



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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

June

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Summer Youth Photography Contest starts	2
5 4H Camp Orientation 6 pm @ Rockcastle Farmers Market Freeze Branding Cattle 6 pm -Eubank KY	6 Shooting Sports 6 pm	7	8	9 Sit and Sew 10 am - 3 pm
12	13 4H camp	14	15	16
19 Holiday- Office Closed	20 Castle Quilters Meeting 10 am ★ Food Preservation: salsa & tomatoes 6 pm	21	22 ★ Beginner Quilting Class session 1 6 pm	23
26	27 Nine Patchers Meeting 6 pm	28	29 ★ Beginner Quilting Class session 2 6 pm	30

Agriculture & Natural Resource Programs

4-H Youth Development Programs

Family and Consumer Science Programs

Homemakers Group Meetings

★ Indicates that registration is required to attend.
Please call (606) 256-2403 to register for an event



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

july

Monday	Tuesday	Wednesday	Thursday	Friday
3	4  Holiday Office Closed	5	6	7
10	11 Shooting Sports 6 pm Farmers Market-freezer jam demo 4-7 pm	12	13 Beginner Quilting Class session 3 6 pm	14 Sit and Sew 10 am - 3 pm
17	18 Castle Quilters Meeting 10 am	19	20 Farmers Market salsa canning demonstrations 10 am - 1 pm	21
24	25 Nine Patchers Meeting 6 pm	26	27	28

Agriculture & Natural Resource Programs

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august

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8 Shooting Sports 6 pm	9	10 Farmers Market stir-fry cooking demonstrations 10 am - 1 pm	11
14	15 Castle Quilters Meeting: 10 am	16	17	18
21	22 Nine Patchers Meeting 6 pm	23	24	25
28	29	30	31 Summer Photography Contest Ends	

*Agriculture & Natural Resource
Programs*

4-H Youth Development Programs

Homemakers Group Meetings

*Family and Consumer Science
Programs*



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4-H CAMP ORIENTATION

JUNE 5TH @ 6 PM

ROCKCASTLE FARMERS MARKET BUILDING

180 RICHMOND STREET MT. VERNON, KY 40456

PLEASE MAKE PLANS FOR YOU AND YOUR
CHILD/CHILDREN THAT ARE CAMPING THIS YEAR TO
ATTEND ORIENTATION!

PLEASE BRING THE FOLLOWING FOR EACH CHILD ATTENDING CAMP:

CAMP COST:

\$70

- HEALTH INSURANCE CARD
- PAYMENT FOR CAMP (CASH OR CHECK. CHECKS CAN BE MADE TO THE ROCKCASTLE 4-H COUNCIL

YOUTH PHOTOGRAPHY CONTEST



Open June 1 - August 31

THEME: SUMMER



To submit an entry, please scan the QR code to the left with your phone camera, and click the link that appears on your screen to fill out the registration form.

CLOVERBUDS AND HOMESCHOOL CLUBS WILL NOT MEET THE MONTHS OF JUNE, JULY OR AUGUST. ENJOY THE SUMMER, AND WE HOPE TO SEE EVERYONE BACK IN SEPTEMBER!



FCS Summer Programs

**Come See Us at the
Rockcastle Farmers Market
180 Richmond St. Mt. Vernon, KY**

*Summer
Spotlight
Programs*

tuesday july 11th 4 - 7 pm
freezer jam demonstration



thursday july 20th 10 am - 1 pm
salsa canning demonstration



thursday august 10th 10 am - 1 pm
stir-fry cooking demonstration



Hands-On Salsa Canning Class

1050 west main st. mt vernon; ky

JUNE 20TH @ 6 PM

If you want to attend, please give us a call at (606) 256-2403 to let us know that you plan to join us!

AGRICULTURE AND NATURAL RESOURCES



Upcoming Programs

Freeze Branding Class:

June 5th @ 6 pm

Location: 687 Bullock Ln.

Eubank, KY 42567

This program is a partnership between Rockcastle, and Pulaski Cattleman's.

Rinse and Return Chemical Container Recycling

September 18th 1-2 pm

Location: Rockcastle Cooperative Extension Office

REMEMBER TO SUPPORT OUR LOCAL FARMERS MARKET THIS SUMMER.

HOURS OF OPERATION

JUNE: SATURDAY ONLY 10 AM – 1 PM

JULY–OCTOBER:

TUESDAY 4 PM – 7 PM

THURSDAY 10 AM – 1 PM

SATURDAY 10 AM – 1 PM



Revenue Loss Assistance through Farm Service Agency Pandemic Assistance Revenue Program (PARP)

PARP provides direct financial assistance to producers of agricultural commodities who suffered at least 15% loss in gross revenue in calendar year 2020 due to the COVID-19 pandemic. Payments eligible to producers will be based upon a comparison of the producer's gross revenue from 2020 compared to either 2018 or 2019, as elected by the producer. The Farm Service Agency (FSA) is accepting applications for PARP from **Jan. 23, 2023 to June 2, 2023**. For more information, or to apply call the farm service agency at (606) 256-2525 ext. 1 or visit their office at 151 Andover Ln. Mt. Vernon, KY.

Services that are always FREE:

- Soil testing
- Weed Identification
- Plant disease diagnostics
- Insect Identification



Reminder: If you have questions this summer about your garden crop, a weed or insect problem, livestock or hay crop issues, that's what we're here for! Give us a call at (606) 256-2403!

GARDEN FRESH TOMATO PIZZA

Ingredients:

- 2 large or 3 medium tomatoes, sliced into 1/4- to 1/2-inch slices and halved
- Salt
- 1 (6.5-ounce) package pizza crust mix
- 2/3 cup low-fat ricotta cheese or low-fat, low-sodium cottage cheese
- 1 cup shredded mozzarella cheese
- 1 teaspoon garlic powder
- 2 tablespoons dried basil or 1/3 cup fresh, chopped
- Nonstick cooking spray
- 2 teaspoons olive oil
- 1/2 small red onion, thinly sliced and separated into rings
- Black pepper
- Balsamic vinegar (optional)



Servings: 6 ; Serving Size: 1 slice. 238 calories; 8g total fat; 20mg cholesterol; 320mg sodium; 27g total carbohydrate; 1g dietary fiber; 4g total sugars; 12g protein

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the tomatoes and red onion with a clean vegetable brush under cool running water before preparing them.
3. Preheat oven to 475 degrees F.
4. Place a layer of paper towels on a baking sheet or tray and arrange tomato slices on top. Sprinkle with salt. Cover tomatoes with a layer of paper towels. Set aside to allow juices to draw out.
5. Prepare crust according to package directions. Set aside to rise.
6. In a small bowl, mix ricotta (or cottage) cheese, mozzarella cheese, garlic powder, and
7. dried basil. (If using fresh basil, refer to step 10.) Set aside.
8. Prepare a pizza pan (or baking sheet) by spraying with nonstick cooking spray. Pat out the pizza crust to cover the bottom of the pan. Brush crust with olive oil. Place in the oven and bake for 8 minutes.
9. 8. Remove crust from oven. Spread the cheese mixture in a thin layer on top of the crust. Add onion and tomatoes in layers on top of the pizza crust. Sprinkle with black pepper.
10. Return to oven and bake an additional 12 to 15 minutes until golden brown.
11. If using fresh basil, sprinkle on top after pizza bakes. Drizzle with balsamic vinegar if desired.
12. Allow the pizza to rest 5 minutes. Cut pizza into 6 slices. Serve hot.
13. Store leftovers in the refrigerator within 2 hours.

To stay up to date on the latest Cooperative Extension happenings follow us on Facebook, or visit our website:

For 4-H Youth Development and Family Consumer Sciences search us on Facebook- **Rockcastle County**

**Cooperative Extension
or @RockcastleCES**

For Ag and Natural Resources search us on Facebook-

Rockcastle Extension Agriculture and Natural Resources

Office Website:

rockcastle.ca.uky.edu



Contact Us

Open Monday through Friday, 8:00am - 4:30pm

Closed daily from 12:00pm - 1:00pm

1050 West Main St

Mt. Vernon, KY 40456

Phone: (606) 256-2403

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