

Leslie County Informer

October 2025

 Cooperative
Extension Service

Leslie County
22045 Main Street #514
Hyden, KY 41749
606-672-2154

What's Happening at the Leslie County Extension Office?



Lets Grow

Wild

Join us to learn about
native wildflowers!



Walking
Wednesdays



Diabetes Connections
Healthy Habits Workshop



Crochet with Karen

Cooking
Through the
Calendar



There are so many fun and educational
programs happening! Call or stop by today
to learn more.

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.



Vicki R. Boggs

Leslie County Extension
Agent for Family & Consumer
Sciences Education
vicki.boggs@uky.edu
672-2154

 Cooperative
Extension Service

October 2025



October brings cooler Fall weather and opportunities for enjoying programs at Extension! We invite you to stop by or contact us to sign up and get more information about upcoming programs.

Be sure to check out our website: extension.ca.uky.edu. and our **Leslie County Extension Facebook page**. We hope to see you soon! It starts with us. #UKFCSExt



October FCS Programs at Leslie County Extension

1st, 8th, 15th, 22nd & 29th 9:00 a.m.: Walking Wednesdays for Two or More: Leslie County Extension

10:00 a.m. -12:00 p.m.: Crochet with Karen; from beginners to expert!

6th, 4:30-5:00p.m.Registration Homemaker Annual Meeting

13th: 3:30p.m.: Healthy Choices for Healthy Families: Nutrition Education Class: Yeast Breads

5:00p.m.: Hyden Homemaker's Monthly Meeting

14th: 12:00 Noon: Lunch and Learn KEHA Leader Lesson: Selecting Sheets, taught by Lorie Adams

16th: 9:00 a.m.: Quicksand Area Homemaker Meeting at Buckhorn State Park

30th: 10:00a.m.: Diabetes Connections /Healthy Habits Workshop: ARH Partner

11:00 a.m.: Cooking Through the Calendar Nutrition Education Program

HOLD THIS NOVEMBER DATE

6th: 1:00 p.m.: Annual Holiday Traveling Road Show



Walking Wednesdays

Join us here at Leslie County Extension Wednesday Mornings @ 9:00 for walking. Remember there must be at least two so let us know if you are coming or come together!



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CONTINUING NEW CLASS OFFERING

Wednesdays in October 10:00 a.m. Contact us today to reserve your spot for this class! 606 672-2154 or vicki.boggs@uky.edu

CROCHET CLASS



Have you always wanted to learn
how to crochet? Or are you wanting to learn
new crochet stitches and patterns?

This class will be fun for both!

Supplies will be provided

CALL AND SIGN UP TODAY!

— 606-672-2154 —

LESLIE COUNTY EXTENTION OFFICE—HYDEN, KY

ONLY 10 SPOTS AVAILABLE

Everyone Welcome!

This class will be for beginners
and experienced crocheters.

We meet weekly after Walking Wednesday and will
start with the basics and attempt to make a dishcloth
as our 1st project.



**Healthy Choices for
Healthy Families:**
Monday, October 13th
@ 3:30 p.m.

Join us to explore economical and
healthy meal ideas for families. Plan to
meet with us and learn exciting ways to
prepare and enjoy yeast bread! A
delicious and healthy recipe will be
prepared and shared together! Contact
us today to reserve your spot for this
class! 606 672-2154 or
vicki.boggs@uky.edu



**Leslie County Extension Hyden
Homemakers**

Plan to meet at Leslie County Extension
on Monday at 5:00 p.m. on September
8th for their regular monthly meeting.
Please contact Faye Couch at 672-3231
or Vicki Boggs @ 672-2154 for more
information.



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Lunch and Learn KEHA Leader Lesson

Wednesday, October 14, 2025 12:00 Noon

Contact us today to save your spot for this
informative and educational class! 606 672-2154
or vicki.boggs@uky.edu

**Cooperative
Extension Service**
Family and Consumer Sciences

Homemaker Lesson

"SELECTING SHEETS"
TAUGHT BY LORIE ADAMS,
PERRY CO. FCS AGENT



- JOIN US AS WE LEARN ABOUT
- FIBER AND YARNS IN SHEETS,
- DIFFERENT SHEET FABRIC CONSTRUCTIONS (WOVEN OR KNIT),
- THREAD COUNT,
- WHY SHEETS FEEL AND PERFORM THE WAY THEY DO!

BREATHITT: OCTOBER 27TH, 2025 12 PM
KNOTT: OCTOBER 13TH, 2025 10 AM
LEE: OCTOBER 30TH, 2025 10 AM
LESLIE: OCTOBER 14TH, 2025 12PM
LETCHER: OCTOBER 13TH, 2025 12PM
OWSLEY: OCTOBER 30TH, 2025 12 PM
PERRY: OCTOBER 14TH, 2025 10AM
WOLFE: OCTOBER 27TH, 2025 10 AM

CALL YOUR COUNTY EXTENSION OFFICE TO REGISTER!

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

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Leslie County Extension Art Club Third Tuesday, October 21st @ 5:00 p.m.

Join us here at Leslie County Extension for this cultural arts class. This class is being taught by Bernice Bowling.

Suggested list of supplies are: Acrylic paints and brushes: The Extension Office will provide materials for this class and some paints and brushes also. Contact us today 672-2154 to register for this class



Diabetes Connections Healthy Habits Challenge Workshop –Thursday, October 30th at 10:00 a.m.

Please call 672-2154 to sign up for this monthly program! See the flyers coming to your mailbox for more details). Our monthly program Diabetes Connections Healthy Habits Challenge Workshop includes samples and education of MY Plate/PLAN EAT MOVE nutritious recipes!



Cooking Through the Calendar: October 30th @ 11:00 a.m.

The October recipe spotlights nutritional benefits of pumpkin. Pumpkins are a good source of dietary fiber, are high in vitamins A and C, and are a good source of potassium. Vitamin C helps with immune function. It offers ways to make it a meal and suggests substitutions also. Being active is always encouraged for health and wellness! Cooking through the Calendar is supported by the Kentucky Nutrition Education Program. ARH continues to partner with us and plans to provide incentives for this health and wellness program. Sign up today, 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



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

Raising kids, Eating right, Spending smart



Family and Consumer Sciences Program Highlights



Diabetes Connections Healthy Habits Challenge Workshop was held on Thursday, August 28th, 2025.

Everyone gathered, weighed in and received educational materials provided. Mental Health and Goal Setting was explored and discussed being led by ARH Healthcare Professionals. Everyone also enjoyed the tasty PLAN EAT MOVE recipe, apple and chicken salad accompanied by MYPLATE Nutrition Education. 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 10:00am. ALL FREE for your good health. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.



Healthy Choices for Healthy Families:

Plan and Prepare Meals A specialty class was held on September 8th, taught by Jessica Huff. The class provided MY PLATE nutrition education and also everyone prepared peachy breakfast bake, a Pate it Up recipe. It starts with us. #UKFCSExt. Contact us at 672-2154 or vicki.boggs@uky.edu for more information.



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Sciences Education
vicki.boggs@uky.edu
672-2154

happy
fall



aetna

Aetna Better Health
of Kentucky



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

OCT 30 | 10AM
Medications & Technology

Leslie County UK Extension Office
22045 Main Street in Hyden

Join us at 10am via Zoom
from anywhere!



<https://arh-org.zoom.us/j/91848123456>

FOR MORE INFO:



606.672.2154



csmith11@arh.org

UNDERSTANDING DIABETES TOGETHER!

Family members and caregivers encouraged to attend!

QUICKSAND AREA

Homemaker MEETING

HOSTED BY THE PERRY
COUNTY HOMEMAKERS

"Get a Grip With Homemakers"

OCT. 16, 2025

Buckhorn Lodge Conference Center

\$20 per person

Lunch will consist of the state park buffet

Register and pay your registration fee at your
local County Extension Office by October 1st!

Registration 10:00 AM

Meeting 11:00 AM

Silent Auction will be held

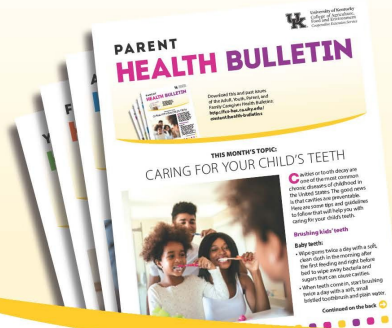


* Please call (606) 672-2154 to reserve your spot for all programs. Remember, all programs, VSU and community service qualify for funny money for our Annual Fall Homemaker Meeting!

Check out our Facebook Page:
[tps://www.facebook.com/lesliecoextension](https://www.facebook.com/lesliecoextension)

PARENT

HEALTH BULLETIN



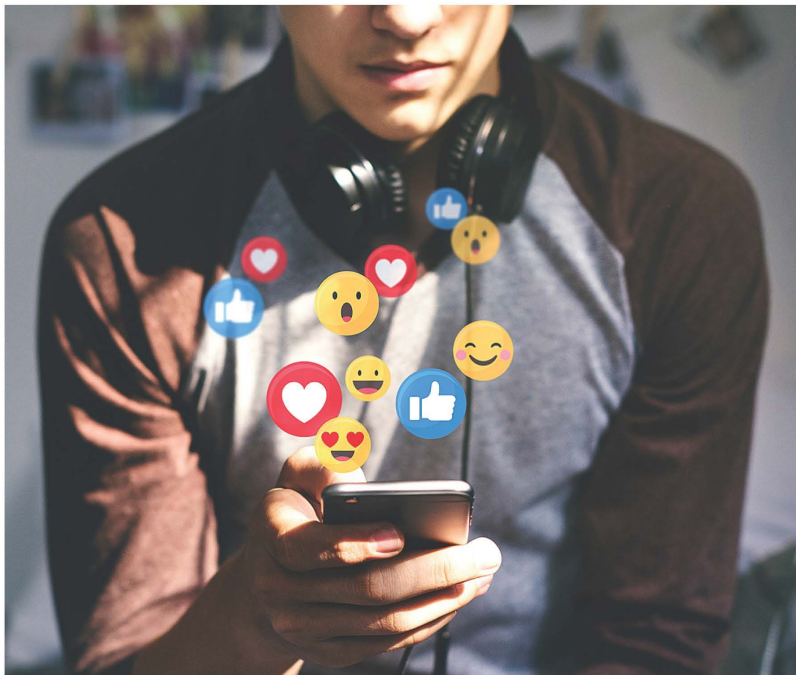
OCTOBER 2025

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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41749
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THIS MONTH'S TOPIC

SETTING BOUNDARIES AROUND TECHNOLOGY



We live in a world that is seemingly connected by screens — and today's kids are growing up in it. It is essential to discuss technology as a family and teach children and teens how to use it safely and responsibly. As children age and have more opportunities to interact online and in virtual settings, we want them to be able to navigate it well.

Children need to know that once something is shared online — like a message, photo, or video — it might stay there forever. This means we need to think carefully before posting or sending anything. Set clear rules together about what is OK to share and what isn't. For example, you can say, "We don't

Continued on the next page ➔

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Setting time limits on screens helps children find balance and protects their mental and physical health.

→ Continued from the previous page

send pictures of ourselves in pajamas or swimsuits,” or “Never share your name, address, or school online.”

It’s also key to help kids know who they can turn to when something doesn’t feel right. Help them identify trusted adults — such as parents, grandparents, teachers, or other grown-ups — who they feel safe talking to. Encourage them to speak up if they see something upsetting or confusing online. Let them know it’s always OK to say, “This made me feel weird,” or “Can we talk about this?” Tell kids that they will not get in trouble for reporting a person, video, or website that they see online. Instead, you want them to come to you or another adult if they see something bad or inappropriate.

Tips for setting screen time limits

Setting time limits on screens helps children find balance and protects their mental and physical health. Try these tips:

- Set a daily screen time rule, like “No more than one hour of tablet time on school nights.”
- Keep screens out of bedrooms at night. Try charging phones and tablets in the kitchen or another shared space.
- Use a timer or device settings to help kids know when screen time is over.
- Schedule screen-free times, like during family meals or one hour before bed.
- Encourage other fun activities — like playing outside, drawing, or reading a book.

Make sure the screen time rules apply to everyone in the family. Children are more likely to follow the rules if they see adults following them as well.

Create a family tech agreement

One great way to set boundaries is to create a family technology agreement. This is a list of rules everyone agrees to follow when using phones, tablets, computers, or TVs. You can write it together and even have everyone sign it.



Some ideas to include:

- I will always ask a parent before downloading a new app or game.
- I will never talk to strangers online or in a game.
- I will ask permission before posting pictures of others.
- I will not share my passwords with anyone except my parents.
- I will take breaks when asked and stop using screens when it’s time.
- I will come to a trusted adult if something online makes me feel scared or confused.

Place the agreement in a visible location, such as on the fridge or near the charging station. Review it every few months as your child grows and develops.

SOURCE:

https://www.dhs.gov/sites/default/files/2025-05/25_0527_K2P_Have-the-Talk.pdf

Written by: Katherine Jury,
Extension Specialist for Family Health

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 16 • ISSUE 10

[NAME] County Extension Office | 222 Street Road | City, KY | Zip | (859) xxx-xxxx

THIS MONTH'S TOPIC: USING TECHNOLOGY TO MANAGE YOUR MONEY

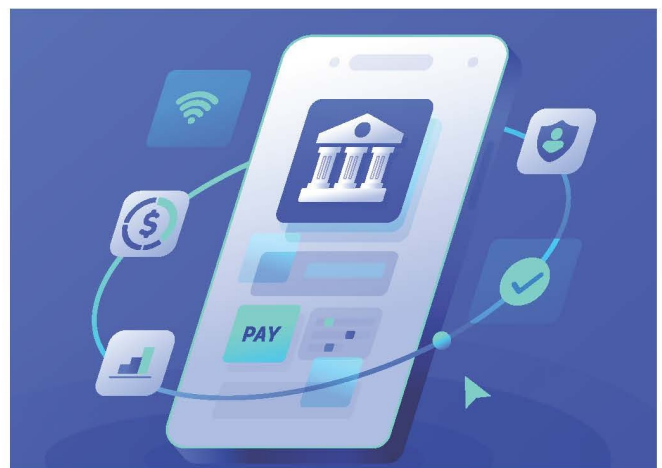
Financial technology, or “FinTech,” is any virtual tool that lets users access, view, or manage their finances online. FinTech includes smartphone applications like mobile banking, payment apps, retirement calculators, and net worth trackers. These virtual – and often mobile – tools can help simplify money management.

WHY USE FINANCIAL TECHNOLOGY

Technology and money can both feel overwhelming, but many FinTech tools are made for everyday users. These tools can complement your existing money management system. In some cases, they can replace manual tasks by offering features like automation, visual trackers, and reminders. FinTech may help you save time by streamlining common money tasks such as budgeting, tracking spending, investments, and even paying off debt.

MOBILE BANKING

You may be using FinTech already, without knowing it. Mobile banking, for example, is a website or smartphone application that shows details about your checking and savings account balances and can be useful for providing on-the-go access to your



money. Some mobile banking apps will allow bill payments, money transfers, mobile check deposits, and include information about bank locations and other products or services your bank offers.

PAYMENT APPS

Another popular FinTech tool is peer-to-peer (P2P) payment apps such as Venmo, PayPal, and CashApp. About 76% of Americans use them to send money or buy things. These apps make transfers easy but do not replace a regular bank or savings account. It's a good idea to move money from these accounts into an FDIC-insured bank or federally insured credit union.

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CREDIT MONITORING

Credit monitoring is a type of FinTech tool that helps you track your financial health over time. It can provide insights into your accounts, payment history, and any issues like liens or delinquencies. Credit scores range from 300 to 850 and are usually offered in reports from the three big credit bureaus or through online monitoring systems. Free credit reports are available weekly. Check yours easily at <https://www.annualcreditreport.com>.

FREE EXTENSION TOOL

While some financial apps focus on spending or saving, others can help with debt repayment. The Utah State University Extension's virtual tool, PowerPay (<https://extension.usu.edu/powerpay/>), is a free debt elimination simulator. You can use the web-based tool to log your debts and see how different payment strategies affect timelines and savings. The tool can also factor in changes in income, like getting a bonus or tax return, to see how that would affect the overall repayment timeline.

HABIT BUILDING

FinTech tools can fit into your current money management system or help you start new habits. Take time to add digital tools into your routine. Some apps may require regular engagement to keep things up to date. Like other technology we rely on every day, FinTech offers convenience and can help you make informed money decisions. To get started, choose tools wisely by knowing what you need, testing them out, and being aware of any costs.

REFERENCES

<https://www.pewresearch.org/short-reads/2022/09/08/payment-apps-like-venmo-and-cash-app-bring-convenience-and-security-concerns-to-some-users/>

<https://connect.extension.org/blog/dangers-of-leaving-money-in-payment-apps?sort=popular>

<https://finred.usalearning.gov/Blog/FinancialPlanningFinTech>

Military Family Spotlight

Military families can use FinTech tools to stay connected to their finances while navigating military life. The SEN\$E mobile app was designed uniquely to support military transitions, like frequent moves, deployments, and spouse employment transitions. The app includes a short quiz to assess current financial well-being and learning modules on topics like saving, retirement, and deployment pay. By offering financial education resources and calculators through the SEN\$E mobile app, military families – who are often on the move – can access reliable tools and information anytime, anywhere. Visit [https://finred.usalearning.gov/ToolsAndAddRes/Sen\\$e](https://finred.usalearning.gov/ToolsAndAddRes/Sen$e) to learn more.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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

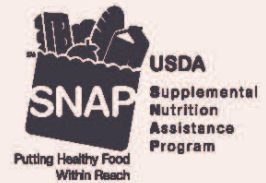


Recipes from the 2025 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Cheesy Pumpkin Pasta Bake



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

Prep time: 5 minutes

Cook time: 35 minutes

- Nonstick cooking spray
- 2 cups dry penne pasta (or any short pasta such as bowtie)
- 1 1/2 tablespoons unsalted butter, divided
- 1 small, sweet onion, diced
- 1 can (15 ounces) pumpkin puree (not pumpkin pie filling)
- 1 cup low-fat milk
- 1 cup sharp cheddar cheese, shredded
- 1/2 cup grated parmesan cheese, divided
- 1 teaspoon dried thyme
- 3/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon nutmeg (optional)
- 3/4 cup panko breadcrumbs

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Preheat oven to 350 degrees F.
3. Spray a 2-quart baking dish with nonstick cooking spray and set aside.
4. Cook pasta according to package instructions. Drain and set aside.

5. While pasta cooks, in a large skillet over medium heat, melt half of the butter. Add the onion and cook until tender, about 3 to 5 minutes.
6. Reduce heat to low and add the pumpkin puree, milk, cheddar cheese, 1/4 cup parmesan cheese, thyme, salt, pepper, and nutmeg (if using) to the skillet. Stir to combine until cheese is melted and the sauce is smooth.
7. Add the pasta to the sauce and gently combine. Pour into the prepared baking dish.
8. Melt the remaining butter in a small bowl and add panko breadcrumbs. Stir to combine and sprinkle evenly over the pasta.
9. Bake uncovered for 20 to 25 minutes or until heated through.
10. Sprinkle with the remaining 1/4 cup parmesan before serving. Refrigerate leftovers within two hours.

Makes 8 servings

Serving size: 1 cup

Cost per recipe: \$13.09

Cost per serving: \$1.64

Nutrition facts

per serving:

240 calories; 9g total fat; 5g saturated fat; 25mg cholesterol; 400mg sodium; 30g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 11g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium

Source:

Adapted from Loves Grow Wild, <https://lovegrowswild.com/2014/10/cheesy-pumpkin-pasta-bake>

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Slow Cooker Venison and Noodles

Servings: 6 Serving Size: 5 ounces of venison & 2 cups cooked noodles

Ingredients:

- Nonstick spray
- 2-pound venison roast
- 1 packet (1 ounce) Au Jus Gravy mix
- 2 cans (10.5 ounces each) low-sodium cream of mushroom soup
- 3 cups water, divided
- 4 cups low-sodium beef broth, divided
- 1 package (16 ounces) wide egg noodles

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray the slower cooker insert with non-stick spray.
3. Place the roast in the slow cooker. Rewash hands after handling raw meat.
4. Sprinkle gravy mix over roast.
5. Add the canned soup, 2 cups water, and 2 cups broth into the slow cooker.
6. Cook on low for 7 to 8 hours. (This is less time than beef.) Until internal temperature reaches 160 degrees F.
7. Shred the meat inside the crockpot using two forks.
8. Add the dry noodles to the crockpot. Add the remaining 1 cup of water and 2 cups of broth. Stir and press the noodles under the liquid.
9. Cover and cook for an additional 20 minutes or until the noodles are done. Serve.
10. Refrigerate leftovers within 2 hours.

Notes:

Recommend at least a 6 quart slow cooker.

Source: Cook Wild Kentucky Project



610 calories; 12g total fat; 3.5g saturated fat; 0g trans fat; 225mg cholesterol; 640mg sodium; 62g carbohydrate; 0g fiber; 5g sugars; 60g protein; 0% Daily Value of Vitamin D; 4% Daily Value of Calcium; 50% Daily Value of Iron; 10% Daily value of Potassium



Mushroom of the Month

Chicken of the Woods

Laetiporus sulphureus

Edible*

What to Look for:

- Bright Orange with lighter color edges
- Overlapping shelf pattern
- Looks like a pile of pancakes
- Fleshy-looking, sea shell-shaped
- Very fine pores under the cap. Does not have gills.
- No visible stem
- Their color fades as they get older

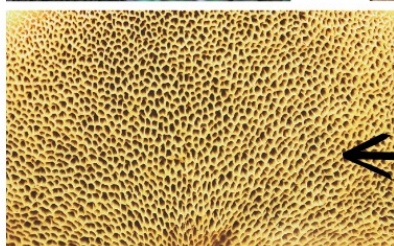
Where to find:

- Dead or dying deciduous trees, stumps and logs.
- Especially Oak
- **Never grows on the ground**

When to find:

- May - November

*If you have never tried Chicken of the Woods it is advisable to try a small piece which has been cook thoroughly. It can cause gastric distress in a low percentage of people.



← Chicken of the Woods have pores.



Look-a-likes:

Jack O' Lantern

Omphalotus illudens



Poisonous

*May cause serious gastric distress

- Bright orange to yellowish orange
- Sharp-edged gills descending the stalk.
- Can be found July-October.
- It sprouts in distinct clusters from dead trees and stumps of hardwoods —mainly oaks—instead of from the soil.



← Jack O' Lantern Mushroom have gills.



Never Eat A Mushroom That You Have Not Positively Identified!

FALL MUMS

- Look for mums with tight, unopened buds for longer-lasting color.
- Water regularly, either from the bottom or the sides of the pot, to avoid damaging the leaves and blooms.
- "Deadhead" or remove faded blooms to promote new growth.
- Keep indoor mums away from vents and protect outdoor plants from frost.
- After blooming, the plants can be added to your compost pile or planted in your garden, but be aware that they often do not survive the winter in Kentucky.

*Source: Rick Durham, UK Extension Horticulture Professor
An Equal Opportunity Organization.*



Lets Grow *Wild*

Join us for a program all about growing
native wildflowers!



October 28th

11:00 am

Leslie County Extension Office



Call 672-2154 to Register
Space is limited.





Kentucky 4-H Issues Conference

Dates:

November 20-22

Location:

Paradise Valley
Conference Center in
Burkesville, Kentucky

Registration:

Registration is open
September 15-
October 24. Open to
grades 9-11.

Contact your local
Extension office to
learn more.

Leap into Civic Action!

Join the 36th annual
4-H Issues Conference to
develop action plans and
make a real impact. This
is your chance to gain
leadership skills, create
meaningful change, and
even apply for grants to
fund your projects.



ISSUES

CONFERENCE

Leslie County 4-H attends

SRTLCL

Three Leslie County 4-H Teen Council members, Mason Asher, Kennedy Lewis, and Kasey Lewis, recently attended the 2025 Southern Region Teen Leadership Conference (SRTLCL) in Crossville, Tennessee. The event, held from September 18 to 21, brought together hundreds of young people from across the South to develop leadership skills and engage in youth-adult partnerships.

At SRTLCL, the teens participated in interactive workshops, team-building activities, and youth-led discussions designed to strengthen leadership, communication, and problem-solving skills. They also participated in the Southern Showdown competitions, T-shirt swaps, the Parade of States, and the "Taste of the South," enjoying cultural exchange and making new friends from across the region.

Mason, Kennedy, and Kasey returned home inspired and ready to bring their new ideas and experiences to Leslie County 4-H, showing leadership and representing Kentucky with pride.



SAVE THE DATE

PETTING
ZOO



IMPORTANT!

4-H ACHIEVEMENT
APPLICATIONS DUE
NOVEMBER 21ST





Garlic Planting in Kentucky

Garlic is typically planted in the fall, around October or November. Choose a sunny location with well-drained and fertile soil. Plant cloves root end down, about 6 inches apart, with 2-3 inches of soil. Mulching helps protect the garlic during the winter and conserves moisture in the summer.

For more information on garlic planting and care, check out UK Extension Publication ID-128 or contact your local Extension office.