



Agriculture, Families and Youth

Cultivating Knowledge, Strengthening Families, Building Futures

Welcome to the new Martin County Extension Newsletter! To streamline communication and ensure you receive important extension information, we've combined our newsletters into one. Each month, this newsletter will include details on upcoming events, program highlights, educational resources, group and club updates, and more. We hope you enjoy this new format!

We have some great plans for 2025 including a new 4-H Club focusing on History, Heritage and Life Skills, new adult skill classes from our FCS agent and ANR workshops to help you find success in your agricultural hobby or business.

We look forward to seeing you soon!

Joe Maynard
4-H Agent

Asya Jarrell
FCS Agent

Nicole Hinkle
4-H Assistant

Inside the Issue


- FCS Program Highlights
- Moneywise and Health Bulletin


- 4-H Program Highlights
- Youth Health Bulletin

- Agriculture News and Event Section

Stay Connected

 606-298-7742

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Family & Consumer Sciences

Happy New Year and welcome to the new FCS section of our Extension newsletter! We are thrilled to bring in the year with new and returning programs. In December we held our Live Wreath Workshop, where the community enjoyed creating their own Holiday wreaths and our "Cookies and Cocoa" themed Laugh and Learn playdate where youth ages 0-5 learned through play. In January, we will have our first FCS Advisory Council Meeting, a Snow themed Laugh and Learn Playdate, Cooking through the Calendar *Split Pea Soup* recipe class, and our Homemakers Paint Party!

Be sure to check out our calendar for updates—we look forward to seeing you there!

Laugh & Learn Playdate



We had a wonderful time hosting the "Cookies and Cocoa" Laugh and Learn Playdate. It was a great event filled with various activities for the children. During the playdate, we read *The Christmas Mouse*, a charming holiday story of a mouse

The children enjoyed a variety of hands-on experiences, including making Play Dough Cookies, exploring a Hot Cocoa Sensory Bin, and creating Dot Paintings. They also had the opportunity to build Gingerbread Houses, participate in a "Candy" Sensory Block Walk, and engage in Free Play.

For snacks, we served delicious Strawberry and Banana "Candy Canes."

In addition, we set up a Reindeer Food Station and a Height Ornament-making station, where children could create their own ornaments to take home as a special keepsake from the event.

The Live Wreath Workshop was a wonderful success, and it was so great to see everyone come together to create their own beautiful wreaths using fresh white pine, red cedar, and juniper. Participants had a fun time getting creative and enjoying the natural scents and textures of the materials. A big thank you to Denise Stepp and Lori Workman for their amazing work in making the lovely bows that finished off each wreath. Every wreath turned out unique. It was a great experience, and we're so grateful to everyone who joined us!

Live Wreath Workshop



Happy New Year

JANUARY 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>

Martin County Extension Office
9 Holy Steer
Inez, KY
41224



Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

THIS MONTH'S TOPIC
STEP INTO NATURE: WINTER EDITION



Winter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

When exercising outdoors, always remember to dress for the weather:

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

REFERENCE:

<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JANUARY 2025

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

THIS MONTH'S TOPIC: FORMING HEALTHY FINANCIAL HABITS

Have you ever wished you could change the way you handle money? Learn more about the science of forming habits and how you can use these strategies to improve your finances.

HOW HABITS ARE FORMED

James Clear, author of *Atomic Habits*, describes habits as behaviors that we repeat so many times they become automatic. There is a four-step process to creating a habit that forms what he calls the “habit loop.” Those four steps are:

Cue → Craving → Response → Reward

The first two steps involve *responding to a problem*. The last two steps involve *arriving at a solution*. By becoming more aware of our habit loops, we can take actions to create a good habit or break a bad habit.

HABITS AND MONEY

So how do we apply this to personal finance? Think of something you want to change about your money habits. Maybe you want to reduce the number of times you eat out each week. You might accomplish this by going to the grocery store and cooking at home.

First, identify what “cues” you to eat out in the first place. The **cue** may be hunger. For example, you saw a commercial for pizza,

drove past the sign for a delicious sit-down restaurant, or it was 6 p.m. and that is your normal dinner time! The **craving** is for food. The **response** is to buy the food, and the **reward** is that you are no longer hungry.

In order to change this cycle - and the money spent on it - there are things we can do to reinforce a good habit, as well as things we can do to avoid a bad habit. The table below breaks down this dinner-time “habit loop.” Namely, you want to make a new habit obvious, attractive, easy, and satisfying. Similarly, you want to make an old habit invisible, unattractive, difficult, and unsatisfying.

Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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accommodated
with prior notification.

Lexington, KY 40506

Cycle of Habit Loop	Form a Good Habit – Make it ...	Break a Bad Habit – Make it ...
Cue: Hunger	Obvious: Plan ahead. Place the recipe for tonight on the counter or save a picture to your phone.	Invisible: Avoid TV and internet before mealtimes if advertisements trigger you to eat out. Or go home a way that avoids restaurant temptations.
Craving: Food	Attractive: If cooking is a chore, then pair an activity you enjoy with it. Maybe call a friend or listen to music, or an audiobook or podcast.	Unattractive: Give yourself reminders of why you don't want to eat out. Put a picture of what you're saving for in your wallet to remind you not to spend.
Response: Buy food	Easy: Prepare your cooking space the night before, so when you come home from work it's a breeze to get started.	Difficult: Make visiting restaurants more of a chore. Delete apps that allow for restaurant delivery or remove phone numbers for call-ahead orders.
Reward: Full	Satisfying: Reward yourself for sticking to the plan! Prepare a small dessert to complement your meal or plan a fun after-dinner activity.	Unsatisfying: Appoint someone to hold you accountable and remind you of your commitment.

CHANGING YOUR HABIT LOOPS

Use this blank chart to note a financial habit you would like to create or change. First, decide on the habit, then identify the parts of the cycle in the first column. Finally, brainstorm ways to reinforce a good habit in the second column and/or find ways to make a bad habit less appealing in the third column.

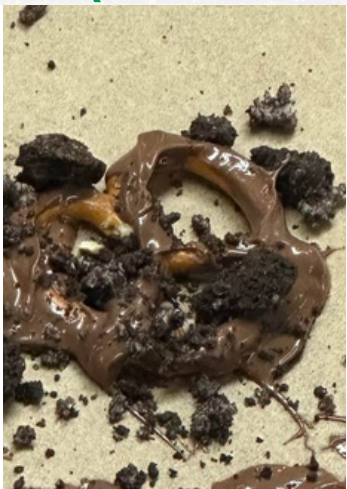
New Habit: _____

Cycle of Habit Loop	Form a Good Habit – Make it ...	Break a Bad Habit – Make it ...
Cue:	Obvious:	Invisible:
Craving:	Attractive:	Unattractive:
Response:	Easy:	Difficult:
Reward:	Satisfying:	Unsatisfying:

REFERENCE:

Clear, James. (2018). *Atomic Habits: An Easy and Proven Way to Build Good Habits & Break Bad Ones*. Avery Press.

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MCMS

Edible homemade gifts are some of our favorites! Martin County Middle School Afterschool Club recently learned to make deluxe chocolate-covered pretzels using a double boiler to melt the chocolate and decorated the pretzels with simple crushed toppings. This is a fun and useful skill for the holiday season and beyond.

COOKIES WITH MRS. CLAUS

Our Cookies with Mrs. Claus workshop was a delightful holiday event! Participants got creative decorating cookies with Mrs. Claus herself, using her famous secret recipe icing and festive toppings.

Santa also made a surprise appearance. He shared a heartwarming holiday story, played fun games, and spread plenty of Christmas cheer.



PAJAMA DRIVE



Thanks to your donations, the Warfield Elementary School was gifted with several pajamas for their students. We hope this fundraiser continues to grow each year!

SWEET CHARCUTERIE

Each year the Sweet Charcuterie Class is a 4-H favorite. We provide a selection of sweet, salty, and sour treats, and our 4-Her's create a fun snack box, allowing them to showcase some culinary art skills and creativity.





JANUARY 2025

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Inez, KY
41224
606-298-7742

THIS MONTH'S TOPIC
DON'T LET THE COLD KEEP YOU IN

There is so much fun to have playing outdoors, even in the cold! If you are dressed for the weather, there is no reason to let wintertime end your outdoor fun. There are some games and activities that are more fun, or only possible, in the winter.

Dress for the weather

- If it is wet, wear:
- rain boots,
 - rain jacket and pants, or rain suit.

- If it is cold, wear:
- layers of tops and bottoms to stay warm,
 - a coat,



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- hat,
- gloves,
- socks,
- shoes like sneakers or boots.

If it is snowy, or both wet and cold, wear outer layers to keep you dry and inner layers to keep you warm. A snowsuit or coveralls may be helpful.

Looking for some fun ways to play outside this winter? Try these!

Igloo building: Frozen fun in low temperature.

- You'll need: Clean plastic containers (food-storage tubs like cottage cheese, yogurt, etc.)
- What to do: When it is below 32 degrees, fill the containers with water and set them outside to freeze. When they are frozen solid, peel away the cartons or dip the plastic containers in warm water to free the ice block. While wearing mittens or gloves to protect from the cold ice, stack and build with the ice blocks to form buildings or other desired shapes.

Snow olympics: Gather your siblings and friends for some cold competitions.

- Long Jump: Draw a starting line in the snow. Everyone stands at the starting line and jumps as far as they can. Compare footprints to see who jumped the farthest.



• **Snowball Throw:** Everyone forms their own snowball and stands at a starting line to see how far they can throw their snowballs.

• **Snow Pile Hurdles:** Make piles of snow in a line, with spaces in between. Everyone will run through the area jumping over the piles as they come to them. You can do this as a race or a timed event and compare times.

Snow pies: Create a natural masterpiece for outdoor creatures to enjoy.

- You'll need: Clean aluminum pie pans or some sort of flat round container for each person, sandbox toys like small shovels or scoops, and natural materials like sticks, leaves, berries, nuts, pine cones or birdseed.
- What to do: Use sand toys to create your own nature snow pies in the aluminum pie plate or other container. Decorate or layer snow with natural materials to make a masterpiece. Leave your pie out for wild creatures such as squirrels or birds to enjoy, as well!

REFERENCE:

<https://extension.psu.edu/programs/betterk12cafe/content/areas/environment-curriculum/activities/all-activities/outdoor-play-on-winter-days>

YOUTH HEALTH BULLETIN

Written by:
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Edited by: Alyssa Simms
Designed by: Rusty Manseau
Cartoon illustrations by:
Chris Ware (© University of Kentucky School of Human Environmental Sciences)



Agriculture & Natural Resources

January is the perfect time to start planning your garden for the year ahead. While the cold weather may keep you indoors, it's the ideal month to reflect on what worked in your garden last season and what you'd like to improve. Planning now gives you the opportunity to research new plant varieties, map out your garden layout, and order seeds before they sell out. By taking the time to plan, you can avoid the rush of spring and set yourself up for a successful growing season. Garden planning in January ensures that you'll be ready to plant at the right time, making the most of the space and resources available to you. Plus, it's a great way to stay motivated and excited for the months ahead!



JANUARY

<i>Week 1</i>	<i>Garden Notes</i>
Plan layout of garden plots; test germination of seeds saved from last year	
<i>Week 2</i> Decide on spring vegetable planting—how much and where—and map it out	
<i>Week 3</i> Many varieties of vegetables can be sold out by spring; if you have specific varieties you like, order seeds now for spring seeding and transplants	
<i>Week 4</i> Start your garden journal—keep notes on what you have done and plan to do	

COUNTY UPDATES

- Soil Sample Tests Available
Contact us for more information.
- Downloadable Garden Calendar Available
[@ planeatmove.com](http://planeatmove.com)
- Our office has free publications and information for beginning and experienced farmers, stop by anytime during business hours to get yours.
- Workshops will be available in February for anyone needing assistance with Farm Numbers and CAIP grant Applications. Dates and Times will be posted on our Social Media Pages and provided in our February Newsletter. These will be free workshops with various organizations and managed through the Martin County Conservation Office.
- If you have an idea for workshops, classes, or programs that you would like to see this year, please let us know! We would love to hear from you. Call us at 606-298-7742 and ask for an agent.

Invasive Species Spotlight

Spotted Lanternfly

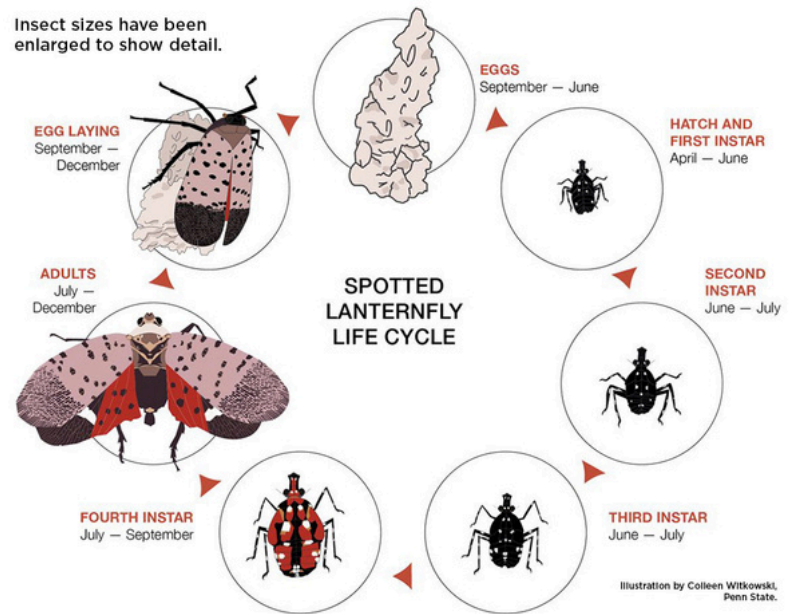
The spotted lanternfly (SLF), native to China and Asia, is an invasive pest in the U.S. that feeds on the sap of trees and vines, with a preference for the tree of heaven. It has one generation per year, going through four nymph stages before becoming an adult with distinctive red and black wings. SLF doesn't typically kill trees but can harm them by excreting honeydew, leading to mold growth and attracting pests. While the insect can fly short distances, it mostly spreads through human movement of egg masses. Eggs are laid between September through December with the hatching beginning in April through June. Management involves controlling **tree of heaven** populations and eliminating the spotted lanternfly when spotted. Contact us to learn more, or to report a sighting send your photos to reportAPest@uky.edu.



Spotted Lanternflies on a Tree of Heaven



Spotted lanternfly egg masses (Emelie Swackhamer Penn State University, Bugwood.org)



Tree of Heaven



Adult Spotted Lanternfly

COOKING THROUGH THE Calendar

Dates

Jan 7th
Feb 11th
Mar 11th
Apr 8th
May 6th
June 10th

Time: 12:00 pm

Location: 9 Holy St. Inez KY
41224

Limited Spots Available!
Register via QR Code or Call (606) 298-7742



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

IES 4-H PROGRAMS

EVERY TUESDAY AFTERSCHOOL 3:30-4:15

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

Cooperative Extension Service

LAUGH & LEARN PLAYDATE

Dates:

Jan 24th
Feb 21st
Mar 21st
Apr 18th
May 16th
June 20th

Ages
Birth-5!

Limited
Spots
Available!

Time: 11:00 am

Location: 9 Holy St. Inez, KY 41224

Register via QR Code or call (606) 298-7742



MCMS 4-H PROGRAMS

EVERY THURSDAY AFTERSCHOOL 3:30-4:30

IN COLLABORATION WITH THE 21ST CCLC PROGRAM



PROGRAM AREAS:

SCIENCE, ENGINEERING, TECHNOLOGY
AGRICULTURE
FAMILY & CONSUMER SCIENCES
NATURAL RESOURCES

HEALTH & WELLBEING
LEADERSHIP
COMMUNICATION
EXPRESSIVE ARTS

January



Tentative Schedule of Extension Related Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <i>Closed</i>	2	3	4
5	6 Heirloom Quilters	7 Cooking through the Calendar Pieceful Stitchers IES Afterschool	8	9 MCMS LifeSmarts MCMS Afterschool	10 Hometown Homemakers Paint Party 6 pm	11
12	13 Heirloom Quilters	14 Pieceful Stitchers IES Afterschool	15	16 FCS Advisory Council Meeting @ 5pm	17	18
19	20 <i>Closed</i>	21 Pieceful Stitchers IES Afterschool	22	23 EES K-2 MCMS Afterschool	24 Laugh and Learn @ 11am	25
26	27 Heirloom Quilters	28 Pieceful Stitchers IES Afterschool	29	30 EES K-2 MCMS Afterschool	31	

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the UK Office of 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.

Visit the [CES Program and Staff Development](#) website for additional guidance.

Questions may be directed to Stacy Miller at Stacy.miller@uky.edu or (859) 257-1727.



Recipes from the 2025 Food and Nutrition

Recipe Calendar

 Cooperative
Extension Service

Split Pea Soup



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

Prep time: 10 minutes

Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.


Makes 12 servings
Serving Size: 1 cup
Cost per recipe: \$6.97
Cost per serving: \$0.58

Nutrition facts

per serving:
210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 39.0mg sodium; 3.4g total carbohydrate; 1g dietary fiber; 5g total sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Sources:

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