



August 2022– December 2022

Boone County Cooperative Extension Service

Registration is required for ALL programs. Programs are free unless stated otherwise. Occasionally programs are scheduled after the deadline for promotional materials. Receive emails notifications about upcoming programs by joining our Pop Up Program Contact List by visiting our website to sign up.

Family and Consumer Sciences

Helping Individuals and Families Learn and Connect

A variety of programs and activities are offered each year with a focus on improving the lives of individuals and families. This fall some of our programs will focus on food and nutrition, basic employment soft skills, learning about other cultures and customs, and healthy aging. We also provide educational programs for groups and organizations upon request.

Boone County Extension Homemaker members serve as volunteers for our programming efforts. They engage in community service projects, offer scholarships for higher education, assist with Extension programs, make friends and support others, and enjoy a variety of learning and social opportunities. Contact us to find out more about this incredible group. Individuals can join an organized club, organize a club, or enroll as an at-large member. Membership is \$10.00 per year and the benefits are numerous.

Extension Office Locations:

Extension Office
6028 Camp Ernst Rd.
Burlington, KY 41005

Enrichment Center
1824 Patrick Drive
Burlington, KY 41005

Farmer's Market
1961 Burlington Pike
Burlington, KY 41005

**Boone County Environmental
and Nature Center**
9101 Camp Ernst Rd.
Union, KY 41091

Office Hours

8:00 AM – 4:30 PM

Contact us at:

Website: boone.ca.uky.edu

Email: boone.ext@uky.edu

Phone: (859) 586- 6101



Food, Nutrition, and Health

Friday Food Fun

FRIS, 10:00 - 12:00 PM (dates and tentative topics below)
Boone County Extension Enrichment Center, Upper Level
Monthly sessions for adults interested in food, nutrition, kitchen equipment and gadgets, cooking and baking techniques and more.

8/19 – Chutneys

9/30 – Goodness Grapeness!

10/28 – Homemade Egg Noodles

11/11 – Mustard Madness (rescheduled from 6/22)

1/27/2023 – Vanillas



Essential Ingredients: Baking up Leadership

TUE, 8/30, 1:00 - 3:45 PM

Boone County Extension Enrichment Center, Lower Level

Learn about baking ingredients along with leadership and organizational success.

Provided by the Northern Kentucky Extension Homemakers Association. Registration closes August 19, 2022.

Cooking the Books

10:00 – 1:00 PM

Boone County Extension Enrichment Center

Cook foods inspired by a book we've all read and discuss the book while enjoying lunch. Registration required.

Limited number of books available for borrowing.

WED, 9/7 - *Stolen: Five Free Boys Kidnapped into Slavery and Their Astonishing Odyssey Home* by Richard Bell

WED, 10/5 – *Facing the Mountain* by Daniel James Brown

Cultural Cook Along from Home

6:30 PM, via Zoom

Registration required: 859-654-3395 or pendleton.ca.uky.edu
Join us via Zoom to cook a recipe at home while learning about the culture or country from which the recipe comes. Ingredient and equipment list sent the week prior to the session.

TUE, 9/27 – Spain

TUE, 10/25 – Italy

TUE, 11/29 – France

Hands-on Baking Series for Adults

MONS, 10/3, 10/10, 10/17 & 10/24, 1:00 – 3:30 PM

(OR) 6:30 – 9:00 PM, Boone County Extension Enrichment Center, Upper Level

Each week we'll explore a different baking topic and make a different recipe. Space limited, registration required.

Afternoon will be in person at Enrichment Center Upper Level
Evening will be virtual via zoom.

Osteoporosis and Bone Health Awareness

FRI, 10/7, 10:00 – 12:00 PM

Enrichment Center, Lower Level

Explore osteoporosis and bone health in this introductory program.

Make Along from Home: Egg Noodles

THU, 10/27, 6:30 PM, virtually, via Zoom.

Learn to make homemade egg noodles from the comfort of your home.

Baking and Decorating Sugar Cookies

THU, 12/1, 6:30 - 9:00 PM

Boone County Extension Enrichment Center, Upper Level

Does the process of making sugar cookies challenge you? Learn to make an easy to roll and cut dough. We will also try some simple decorating options!

Seating limited, registration required.



Nutrition Education Program (NEP)
Melissa Pilcher (left) and Cathy Fellows work with individuals and families learning new and fun ideas for preparing healthy foods while saving time and money.

Personal Development

Voter Education

WED, 9/7, 2:00 - 3:15 PM OR 6:30 - 7:45 PM

Boone County Extension Enrichment Center, Lower Level

New to the state or area? Unsure of how voting works?

Join a representative from the Boone County Clerk's office to learn the mechanics and basics of voting – from local to national elections. This is not a political presentation but an educational effort. Sponsored by the Boone County Extension Homemakers Association.

Positive Employability: 10 Soft Skills for Success

MON, 9/19, 1:00 – 2:30 PM, Boone County Extension office, Claxon Room

(OR) 6:30 – 8:00 PM, virtually via Zoom

Explore 10 interpersonal skills to master for employee happiness and success in the workplace.

Wits Workout: An Interactive Brain Health Program

THUS, 10/6 – 11/17 (no class on 10/20), 2:15 – 3:15 PM,

Boone County Public Library

Walton Branch, 21 South Main, Walton.

Simply put, coming together and learning new things is good for your noggin! Engage in all kinds of interactive puzzles and games during this six-session series while learning what you can do in your daily life to keep your brain healthy.

Identity Theft and Avoiding Scams

TUE, 10/11, 10:00 – 11:30 AM

Boone County Extension office, Claxon Room

(OR) 6:30 – 8:00 PM, virtually, via Zoom

We'll explore the basics of identity theft and protecting yourself, and how to recognize and avoid scams.

Learning Through Play and Plants

This fall some of our programs will focus on early childhood education, finance, and mental health with classes including a monthly Laugh and Learn Playdates for kids ages 3-5 and an adult, married on a budget, and the power of flowers. Boone County Cooperative Extension is also happy to announce we will be participating in a statewide event sponsored by AARP and Prevent Child Abuse Kentucky. Boone County was one of 10 Kentucky counties selected to participate in the Growing Better Together with Grandparents Event in which we want to celebrate grandparents and the role they play in the lives of children. In Boone County, this event will take place on Saturday, September 10, 2022 from 10:00 am – 12:30 pm at the Boone County Extension Environmental & Nature Center. Grandparents, caregivers over 50, and their grandchildren are invited to join us to spend some quality time together while planting a pollinator garden.



Laugh and Learn Playdates

WEDS, 8/3, 9/7, 11/2, 12/7

10:00 - 11:00 AM

Boone County Extension Office

Monthly family time for preschoolers (age 3-5) and caregiver on the first Wednesday of the month. Older siblings are also welcome with prior notification. We will meet for a story time; an engaging activity for the child and caregiver to make together; and a light snack.

Space limited.

The Power of Flowers

THURS 8/18; 9/8; 10/6 6:00 - 7:30 PM

Nature Center

Adults will use cut flowers to spark creativity and balance their mindset. We will be discussing how flowers can help with our mental health as well as creating fresh floral arrangements.

Time Well Spent: Productivity Skills for Success

WEDS 8/24; 8/31- 6:00 - 7:30 PM

This is a virtual program via Zoom.

Productivity allows us to make progress on and complete necessary tasks. This program, which addresses procrastination; organization and time management techniques; prioritizing and building focus; and work-life balance will assist individuals in becoming more productive.

Growing Better Together with Grandparents

SAT 9/10, 10:00 – 12:30 PM

Nature Center

Sponsored by AARP and Prevent Child Abuse Kentucky, Boone County was one of 10 Kentucky counties selected to participate in the Growing Better Together with Grandparents Event in which we want to celebrate grandparents and the role they play in the lives of children. Grandparents, caregivers over 50, and their grandchildren are invited to join us to spend some quality time together while planting a pollinator garden. Lunch will be provided.

FCS Advisory Committee Meeting

WEDS, 9/28, 10:00 -12:30 PM

Boone County Extension Office

Help provide guidance for program offerings and ideas for reaching new audiences. Lunch provided.



Married on a Budget

SAT, 10/1, 10:00 - 12:00 pm

Boone County Enrichment Center

Are you or someone you know getting married soon? With the national average for the cost of a wedding being around \$30,000, learn some tips and tricks to not only save money on your special day and honeymoon. We will also discuss managing finances within a marriage, especially when opposites attract. Simply put, coming together and learning new things is good for your noggin! Engage in all kinds of interactive puzzles and games during this six-session series while learning what you can do in your daily life to keep your brain healthy.

Are You Weather Ready?

TUES, 11/8, 10:00 - 11:30 AM

Boone County Extension Office

Learn how to prepare for severe winter weather including cold, snow, and ice. We will discuss severe winter weather warnings, travel guidelines, and items to keep on hand in an emergency supply kit.

Gift Wrapping 101

TUES, 11/29, 6:00 - 8:00 PM

Boone County Enrichment Center

Learn some tips and tricks to make your gift wrapping stand out this holiday season. Bring some gifts, wrapping paper, ribbon, and whatever accessories you would like and get a head start on wrapping during this class and work session.

Environmental Education

Hike the Trails

9/7, 9/21, 10/5, 10/19, 11/2, 10:00 - 2:00 PM Nature Center

Explore the natural woods of our Environmental and Nature Center on a self-guided tour highlighting the identification of local spring wildflowers, shrubs and trees. There are 3 trails to choose from. The trails ranger from experienced to beginner. You must check in and out at the main shelter house.

Guided Bird Hike

9/24, 8:30 - 10:30 AM, Nature Center

Join us with the NKY Bird Club to hike and scout for migratory birds along the Nature Center trails. You can spend some time in the bird blind watching for visitors at our feeders up close!

Kayak Fishing 101 Series with KY Fish and Wildlife

Register at

<https://app.fw.ky.gov/Calendar/Detail.aspx?ID=67018>

Target Audience: 16 years or older

Fishing 101, 10/11, 6:30 - 8:30 PM, Enrichment Center

Learn the fishing basics; Knot tying, casting, baits, landing a fish, where to fish, where to get a license, and more through this hands-on program. Program is designed for beginning to moderate experienced fisherman.

Kayak 101, 10/18, 6:30 - 8:30 PM, Enrichment Center

Learn how to choose the right kayak for you, basic kayak skills, safety, planning your trip and how to fish from a kayak effectively!

Float Trip, 10/22, Location provided at closer date.

Takes the skills learned from the first two programs to join us to put them in action! You must attend at least one of the two previous programs (Fishing 101 or Kayaking 101) to be invited to the Float Trip.

Star Party with the Planets

11/11, 7:30 - 8:30 PM, Enrichment Center

Join us with the Cincinnati Observatory to observe the planets and the stars! A clear autumn night is the best time to view different constellations and planets. Join us for this 'guided' tour of our universe!



Guided hikes at the Nature Center for groups available upon request
Contact Lacey Kessell at lacey.laudick@uky.edu to reserve a date and time.



Learn with Environmental Education!

We are looking forward to a busy Fall. Environmental Overnight Camp is back to pre-Covid capacity. Ten groups are scheduled to attend environmental adventures at North Central 4-H Camp. Students will get to experience night hikes, pond study, live animal encounters, leadership opportunities, and so much more. If you are a Boone County School wanting to bring your 4th, 5th or 6th grade students, please contact Lacey.laudick@uky.edu. There are still several dates available! In addition to Fall Environmental Camp opportunities for school students, our Environmental Education program will be partnering with local organizations to offer programs like kayak fishing, birding, Shiitake mushrooms and natural crafts to adults in the community.

Shiitake Happens Again!

11/14, 1:00 - 3:30PM

Learn how to grow and cook Shiitake mushrooms in your own backyard! Program will include live demonstrations and make-and-take Shiitake mushroom logs. Space is limited!

Honeysuckle Removal Volunteer Day at the Nature Center

11/18, 1:00 - 3:30 PM, Nature Center

Help us start tackling the honeysuckle bush invading our woodlands! Please register that you plan to attend. Some equipment will be provided but feel free to bring your own!

Reindeer Games and Holiday Crafts

12/5, 10:30 - 12:30 PM

Enrichment Center

Join us and Boone County Parks to kick off the holiday season! Ages 3-10 can participate in Reindeer games, holiday crafts, decorate cookies and make natural greens centerpieces to take home. Parents must accompany children. Register w/ Boone County Parks.

Decorating with Greens

12/15, 10:00 - 12:00 PM

Enrichment Center

Learn how to use greens from the landscape to create winter decorations for the home.



Horticulture

Growing Figs in Northern Kentucky

THURS, 9/15, 10:00 - 12:00 PM

Enrichment Center, Project Room

Yes, figs will grow in Kentucky! Join us for tips on growing them outdoors in Northern Kentucky. Cultivar selection, winter protection-techniques and propagation will be covered.

Horticulture Advisory Council Meeting

THURS, 9/22, 10:00 - 1:00 PM

Enrichment Center, Lower Level

Do you have any ideas or suggestions for horticulture classes or programs for 2023? Join us for an informal discussion to plan out our classes for the upcoming year.

Landscaping with Native Plants

MON, 10/10, 10:00 - 12:00 PM

Enrichment Center, Project Room

Tired of exotic invasives wreaking your landscape? Join us to discuss some great native alternatives that will beautify the home landscape.

Skinny Trees for Skinny Spaces

TUE, 10/18, 1:30 - 3:30 PM via Zoom

(Must register to received Zoom link.)

Learn about some great tough and adaptable columnar trees suited for landscapes with specific site limitations.



Stop by and see what's growing!

Our horticulture department has been busy this growing season! Check out the incredible work our Master Gardener's accomplished at the Ellis House (see picture on left). We have been working with Brighton Women's Recovery Center to demonstrate ways to maintain raised beds and gardens. Be sure to check out our Nature Center Demonstration Garden open house! All the crops and vegetables we grow are donated to Master Provisions.



4-H Youth Development



Boone County 4-H New Member Recruitment Day!

Boone County 4-H is hosting a 4-H New Member Recruitment Day on **Sunday, September 18, 2022, from 2pm-4pm** at the Boone County Extension Service Enrichment Center (1824 Patrick Dr, Burlington 41005). This free event is for the community to come see what 4-H is all about! 4-H is a youth organization for 9–18-year-olds and we have a cloverbud program for 5–8-year-olds. We will have a representative from all the 4-H clubs there to explain what they do in each club and sign-ups for 4-H volunteer opportunities! To entertain we plan to have music, a bouncy house, a petting zoo, snow cones, and a caricature artist! Please contact us at 859-586-6101 with questions.



4-H CAMP 2023

4-H Camp offers an array of activities for youth. They can identify trees and critters during nature hikes, learn to swim, use a canoe, take part in shooting sports, make arts and crafts, and participate in challenge courses. Youth will also have the chance to sing and dance, make new friends, and most important, learn while having fun. Boone County 4-H camp dates and pricing for 2023 will be announced late September/early October. Registration will begin first of January.

4-H Teen Club

4-H Teen Club is calling all middle school and high school students. Our purpose is to have fun while learning new leadership skills, explore and serve our community, and meet new kids. In the spring, middle school aged students have an opportunity to attend 4-H Teen Summit for a weekend and meet kiddos like them from across the state. During the summer, 4-H Teen Conference is designed for high school students to have a fun and social college experience at the University of Kentucky. For more information please follow the Boone County 4-H on Facebook @ boonecounty4h.

**INTERESTED IN 4-H SHARPSHOOTERS?
JOIN US
FOR OUR
OPEN HOUSE
OCTOBER 6TH
STOP IN ANYTIME
5:30- 7:30 PM
NATURE CENTER**





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

 4-H Youth Development

Join us for
4-H New Member
Recruitment

Sunday,
September 18th,
2022
2:00- 4:00pm

FREE! **4-H**
New Member
DAY!

Boone County
Enrichment
Center
1824 Patrick
Drive, Burlington,
KY 41005



4-H is for
ages 9- 18

Cloverbuds is
ages 5- 8!

Call (859) 586- 6101 for
details

We will have music, a
bouncy house, a petting
zoo, snow cones, and a
caricature artist!
Learn about our 4-H
Clubs

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



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Cooperative Extension Service

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 Media**

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| <p>Boone County Environmental Education Facebook: @boonecountyenviromentaleducation</p> |
| <p>Boone County Farmer's Market Facebook: @TheBooneCountyFarmersMarket</p> |

Call (859) 586-6101 for more information!

**Curious about the Boone County
 Farmer's Market?**

Check out our website!

www.boonecountyfarmersmarket.org

The Farmers Market is an educational program at the Boone County Cooperative Extension Service, and is operated by the Boone County Farmers Market Association. All of the many fruits, vegetables, flowers and other items sold at the Market were grown exclusively in Northern Kentucky, though availability of the produce depends on the weather.