



January - August 2023

Boone County Cooperative Extension Service

CONTACT US:

Call: (859) 586-6101

Website: boone.ca.uky.edu

Email: boone.ext@uky.edu

Facebook:

@boonecoextension

Instagram:

@boonecountyextension

Registration is required for MOST programs

Call (859) 586-6101 or visit boone.ca.uky.edu to register

Programs are free unless stated otherwise. Occasionally programs are scheduled after the deadline for promotional materials. Receive email notifications about upcoming programs by joining our Pop Up Program contact list by visiting our website.

New Community Arts Program!

Kentucky Master Naturalist!

4-H Summer Camp May 29- June 2, 2023

Food and Nutrition Classes!

OFFICE HOURS: MONDAY-FRIDAY FROM 8:00 AM-4:30 PM

Boone County Cooperative Extension Main Office

6028 Camp Ernst Road
Burlington, KY 41005

Boone County Environmental and Nature Center

9101 Camp Ernst Road
Union, KY 41091

Boone County Farmers Market

1961 Burlington Pike
Burlington, KY 41005

Boone County Enrichment Center

1824 Patrick Drive
Burlington, KY 41005

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.

Environmental Education

Facebook: @boonecountyenviromentaleducation OR Instagram: @bcenvironmentaledu

Beginner Birders

1/18, 1:00-3:00 pm
Enrichment Center

Learn the birding basics and how to ID common winter birds of Northern KY.

Bird Houses

1/26, 1:00-3:00 pm
Enrichment Center

Learn about what birds utilize bird houses and then build your own to take home. Space limited.

Winter Waterfowl

Join us with NKY Bird Club to learn about the waterfowl. This is a pop-up program, email Lacey.laudick@uky.edu if interested.

Wilderness First Aid

1/20-1/21, 8:00-5:00 pm
Enrichment Center

Provided by Wilderness Medical Associates International, Sponsored by Boone County Conservation. This course offers first-aid training for seasonal outdoor activities or short-term wilderness pursuits. *Cost: \$165. Boone County Conservation at bccdky.org or 859-586-7903.*

KY Maple Day

2/4, 12:00-3:00 pm
Nature Center

Guided maple tours will begin at 12:00 & 3:00pm. Dress for the weather! McGlasson Farms will be hosting tapping demonstrations and selling maple syrup.

Maple Tapping Basics

2/11, 9:00-11:00 am
Arboretum & Nature Center

Learn the process of making maple syrup through this discussion and hands-on demonstration of tapping maples and processing the sap into syrup. Registration at bcarboretum.org

KY Snakes

3/7, 10:00-11:00 am, Virtual

Learn how to identify the dangerous snakes from the beneficial snakes and which ones can be found in N. Kentucky.

KY Salamanders

3/15, 10:00-11:00 am, Virtual

Learn how to find and ID the salamanders of Kentucky.

Septic Systems and What You Should Know Listening

3/23, 5:00-7:00 pm

Enrichment Center, Lower Level

Free Class! Learn about septic systems including regulations, installation, inspection, types of systems, cleaning, & maintenance. Attend for a chance to WIN a \$50 visa gift card!

Honeysuckle Removal at the Nature Center

3/24, 1:00-3:30 pm

Volunteer work day removing honeysuckle from Nature Center.

KY Salamander Search

3/25, 12:00-2:00 pm

Middle Creek Park

Put what you learn virtually into action by joining Boone Conservation in search for salamanders in and around one of our local streams! Register at <http://bccdky.org/>

Environmental Day Camp for Homeschoolers

5/4, 9:30 am-1:30 pm

Nature Center

Students will learning about tree ID, decomposers, wildlife, & aquatic ecosystems through guided lessons and exploration of their environment. Register each child. Lessons are targeted to a 4th grade level.

Learn the Trails

10:00 am

Nature Center

Learn the three main trails at the Nature Center through these guided hikes so you can feel comfortable hiking on your own during Hike the Trails!

5/3 – Blue Trail (0.5 miles)

5/24 – Yellow Trail (0.7 miles)

6/21 – Red Trail (2 miles)

Warblers of KY

5/18, 1:00-2:30 pm, Virtual

Learn about the behavior, habitat, and identification of these small birds of Kentucky.

Hike the Trails

10:00 am- 2:00 pm

Nature Center

Every Wednesday from May-Oct.

Enjoy exploring the nature center on your own. You must sign-in and out at the large Shelter House. Rain may cancel.

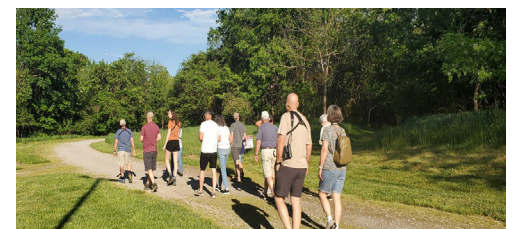
Kentucky Master Naturalist Program

Begins 5/12

Boone County Extension is excited to launch their first Kentucky Master Naturalist Volunteers Cohort. This 10-12 week program will teach participants a wide range about their environment including wilderness safety, water quality, wildlife, plants, geology, and so much more. Applications will be available Feb. 6, 2023.

Please contact Lacey Kessell at lacey.laudick@uky.edu

Cost: \$200, scholarships available



Family and Consumer Sciences

Facebook: @BooneCoFCS

Bedtime Stories

(Children ages 3-8)

MON-THURS, 1/23-1/26

7:00-7:30 pm via Zoom

Listen to winter-themed bedtime stories while learning about the jobs held by the readers! *Space limited, registration required.*

Winter Soups

1/24, 2:00 pm, Scheben Branch
BCPL (8899 U.S. 42, Union)

Registration required:

www.bcpl.org or 859-342-2665

Join us for nutrition hints and tips for using small appliances to make tasty soups. Also, sample a soup or two.

Friday Food Fun

Fridays, 10:00-12:00 pm

Enrichment Center, Upper Level

Monthly sessions for adults interested in food, nutrition, kitchen equipment and more.

Registration appreciated, some hands-on.

1/27 – Vanillas

2/10 – Dry Beans

3/31 – Lamb

4/21 – Non-dairy Milks

5/12 – Pre- and Probiotics

6/23 – Honey, We Love You

7/14 – Gluten Basics

8/18 – More Plants on the Plate

Cajun and Creole Cooking

1/31, 2:00-3:30 pm

Grant County Extension (105
Baton Rouge Road)

OR 6:30 pm via Zoom

Call (859) 824-3355 to register.

Learn about these two cooking styles while enjoying a food demonstration. Samples will be provided.



Laugh and Learn Playdates

2/1, 3/1, 4/5, 5/3, 7/5, & 8/2

10:00-11:00 am

Extension Office

Monthly family time for preschoolers (ages 3-5) and caregivers. Older siblings are welcome with prior notification. We will meet for a story time, an activity, and snack. *Must register.*

Special Laugh and Learn Valentine's Day Party

2/13, 10:00-11:00 am

Extension Office

Making Maple Magic Series

Discover ways to use maple syrup and how it compares to pancake syrup. Also, learn about tree tapping and the syrup process.

Space limited, separate registration required.

• Using Maple Syrup

2/3, 1:00-3:00 pm

Enrichment Center,
Upper Level

• From Sap to Syrup

2/4, 1:00-3:00 pm

Nature Center

All about Dry Beans

2/6, 6:30-7:30 pm, Zoom

Cooked dry beans can be a good source of protein! Discover tips for preparing dry beans and learn about their nutritional value. *Zoom link sent prior to those registered.*

Crafting for Self-Care

Join us for our crafting for self-care series. Attend any or all sessions.

Registration required.

• Part One: Diamond Art

2/7, 6:00-8:00 pm

Enrichment Center

• Part Two: String Art

3/9, 6:00-8:00 pm

Enrichment Center

• Part Three: Candle Making

4/25, 6:00-8:00 pm

Enrichment Center

Discover Foods of France

2/9, 1:00 pm, Walton Branch

BCPL (21 South Main)

Registration required:

www.bcpl.org or 859-342-2665

Home of the “mother sauces” and tasty delights, we’ll learn about common foods from France as we sample a recipe or two.

Creating Meals with Canned and Frozen Foods

2/27, 1:30 pm

Enrichment Center, Upper Level

OR 6:30pm via Zoom

Canned and frozen foods get a bad rap. In this program we’ll discuss food labels and the value of these grocery items when selected with health and convenience in mind.

English Muffins for Adults

3/6, 1:00 pm OR 6:30 pm

Enrichment Center

Learn to make these treats with all the nooks and crannies! *Space limited, registration required.*

Beef on a Budget

3/7, 6:30 pm, via Zoom

3/10, 10:00 am-12:00 pm

Enrichment Center, Upper Level

Join registered dietitian, Janine Faber, as she discusses the nutritional benefits of beef, budget-friendly cuts, proper storage, shopping tips, & recipes. *Sponsored by The Kentucky Beef Council.*

Diabetes Basics

3/9, 1:00-3:30 pm

Extension Office, Lutes Room

Learn about managing diabetes from Certified Diabetes Care and Education Specialists (CDCES) and enjoy diabetes-friendly recipes. *Registration required.*



Are you Weather Ready?

3/14, 10:00-11:30 am

Extension Office

Learn how to prepare for flooding. We will discuss general weather awareness and items you may need in case of emergency.

Housecleaning Basics

3/14, 10:00 am

Extension Office, Claxon Room

OR 6:30 pm via Zoom

Learn tips for maintaining and using your vacuum, cleaning efficiently, and basic chemicals for house cleaning. We'll share some decluttering and donating tips.

NO TRESPASSING!

Indoor Pest ID, Management, & Prevention

3/21, 1:00-2:30 pm

Extension Office, Claxon Room

Join an entomologist from the University of Kentucky to identify common household pests and steps to prevent /manage them.

DIY Wedding

3/22, 6:00-7:30 pm

Enrichment Center

Learn tips and tricks to save money for your wedding! Learn how to make a boutonniere, corsage, and bouquet! Hands-on class! *Must register.*

Cooking the Books for Adults

10:00 am-1:00 pm

Enrichment Center, Upper Level

Cook foods inspired by a book we've all read and discuss the book while enjoying what we prepared. Limited number of books available for borrowing.

Registration required.

•3/23 – Africa is Not a Country by Dipo Faloyin

•4/25 – Sisters of Mokama by Jyoti Thottam

•5/24 - American Sirens: The Incredible Story of the Black Men Who Became America's First Paramedics by Kevin Hazzard

Time Well Spent: Productivity Skills for Success

3/23 and 3/30

6:00-7:30 pm via Zoom

This program will discuss productivity through the ways to avoid procrastination, learn time management techniques, work-life balance, and more! *Registration required.*

MIND Diet Basics: Eating for Brain (and Heart) Health

3/24, 11:00 am-12:00pm

Walton Branch BCPL (21 South

Main) *Registration required:*

www.bcpl.org or 859-342-2665.

We'll explore the basics of the MIND diet, an eating pattern that may reduce the risk of dementia and enjoy a taste of a recipe.

FCS Advisory Committee Meeting

3/29, 10:00 am-12:30 pm

Extension Office

Provide guidance for program offerings for reaching new audiences. *Lunch provided.*

Travelogue: Africa

3/30, 1:00-3:00 pm

Extension Office, Lutes Room

Join Boone County Extension Homemakers as they travel through Africa with our guest speaker and sample a few foods.

Picky Eater? No Problem!

4/11, 6:00-7:30 pm

Extension Office

Join us as a pediatric registered dietitian shares tips and tricks for that picky eater in your family. Sample a healthy food! Our Community Arts Assistants will provide arts programming, parents are encouraged to bring children!

Home-Based Microprocessor Certification Training

4/18, 9:30 am-2:30 pm

Grant County Extension Office (105 Baton Rouge Road, Williamstown)

Register by phone: 859-257-1812

*Email: Annhall.Norris@uky.edu. Those completing this workshop are eligible to process and prepare specific foods that may be sold in Kentucky from their home or at farmers markets. *Registration and a \$50.00 fee are required. Plan to bring your own lunch.**

Stand up to Falling

4/18, 10:00-11:30 am

Extension Office, Claxon Room

Discover four preventable risk factors to reduce or stop falls. Participants will receive a home fall assessment checklist.

Aging with Our Furry Friends

4/20, 1:00-2:30 pm

Extension Office

Learn about benefits of pet ownership, things to consider before getting a pet, how to care for our aging pets, and more!

Culture and Cuisine: Netherlands

4/24, 6:30–8:00 pm
Enrichment Center, Upper Level
Known for canals, tulips, and The Hague, we'll hear about Netherlands from a native and sample a Dutch treat.

Around My Kentucky Table: The History and Tradition of the Most Famous Kentucky Flavors

4/25, 6:30–8:00 pm
Extension Office, Lutes Room
Kentucky author Blair Thomas Hess will dish out the rich culinary traditions of Kentucky and discuss how the culture and history of the state are woven through its food. *This program is funded in part by the Kentucky Humanities and the National Endowment for the Humanities.*

Dementia Workshop: Planning and Caregiving

4/28, 8:30 am–3:00 pm
Enrichment Center, Lower Level
Learn the basics of dementia, tips, options for housing, local resources, and more in this daylong seminar. *Lunch for those registered by April 20, 2023.* *Co-presented with the Alzheimer's Association.*

Discover Foods of Spain

5/1, 6:00–7:00 pm,
Walton Branch BCPL (21 South Main, Walton) Register: www.bcpl.org or 859-342-2665.
Sample a tapa or two while we explore details about Spain.

Rightsizing and Decluttering Your Home

5/2, 10:00–11:30 am
OR 6:30–8:00 pm
Extension Office, Claxon Room
We'll talk about adapting your home with "universal design" techniques for the future. Learn tips for managing the "stuff" in your world & ways to share it via donation, yard sale, consignment.

Medicare Fraud: Detect, Defend, Report

5/3, 1:00–2:15 pm
Extension Office, Ferguson Room
Learn the latest scams regarding Medicare and become empowered to detect and defend against them. *Presented by Senior Medicare Patrol of Brighton Center.*

Entertaining Children

5/4, 6:00–7:00 pm
Boone County Extension Office
Learn helpful suggestions to create routines for children such as a five-day activity routine, rainy day resources, and the benefits of boredom!

Mindful Walk, Eat, Learn, Laugh (MWELL)

5/4, 5/11, 5/18, & 5/25
6:00–8:30 pm, *Nature Center*
Enjoy a self-guided walk through the woods! We will practice mindfulness, become creative at sensory stations, and enjoy tasty recipes! Please dress for the weather. *Registration requested. Call if weather is questionable.*

Save Fido! Pet First Aid and CPR

5/16, 6:00–8:00 pm
Enrichment Center
Come learn about pet first aid and CPR class from a veterinarian! *Registration required.*

The Power of Flowers Nature Series

6:00–7:00 pm, *Nature Center*
Spend time outdoors learning about these benefits, journaling in nature, and hiking. *Plan to attend each part. Registration required.*
•5/17: *Mental and physical benefits of nature*
•5/24: *Nature journaling*
•6/14: *Guided hike (Be sure to wear comfortable shoes)*

Taste of the Boone County Farmers Market

7/8 and 8/5, 10:30 am–12:00 pm
Boone County Farmers Market
Visit the kiosk in the middle of the market to sample produce from vendors and recipes made with market products.

Hands-On Food Preservation for Adults

Learn about the processes and equipment needed for canning methods and the types of foods that can be preserved with each method in these hands-on sessions. A supply list will be provided to those registered for the session. *Space limited, registration required, registration opens 6/14/23.*

- Water Bath Canning**
7/21, 12:00–3:00 pm
OR 7/22, 9:00 am–12:00 pm
Enrichment Center
- Pressure Canning**
7/28, 12:00–3:00 pm
OR 7/29, 9:00 am–12:00 pm
Enrichment Center

Food Preservation Through Freezing or Dehydrating

8/3, 6:00–8:00 pm
OR 8/4, 10:00 am–12:00 pm
Enrichment Center
Learn about the equipment and supplies needed to preserve foods by freezing or dehydrating in this lecture and demonstration class.

Nutrition Talks Monthly

We provided nutrition education talks at the three Boone County Senior Centers each month. Call them for their schedules.



Horticulture

Facebook: @BooneHortNews

Houseplants, Selection, and Growing

1/24, 7:00-9:00 pm

Enrichment Center, Upper Level

Tim Porter, of Jackson Florist, will discuss how to maximize your houseplant success.

Fig Propagation & Grafting

2/17, 12:00-2:00 pm

Enrichment Center, Upper Level

After positive feedback from our Growing Figs program, we are building on the series with an in-depth propagation class.

Lunch and Learn Series

12:00-1:00 pm

•2/17- *Growing Succulents*

Indoors and Outdoors

Extension Office

•3/7- *Growing Tomatoes*

Enrichment Center

Home Vegetable Garden Planning, Planting, & Maintenance

3/9, 12:00-2:00 pm

Enrichment Center, Upper Level

Join us as we discuss vegetable garden best practices.

Fruit Tree Pruning Demonstration

3/11, 10:00 am-12:00 pm

Nature Center Barn

Come learn why proper pruning is essential for higher yields of tree and small fruits.

Fruit Grafting for Beginners

3/15, 1:00-3:00 pm

Nature Center Barn

We will demonstrate various grafting methods and techniques for beginners.

(Limited to 20 people)

Iconic Plants of the Bluegrass

4/4, 10:00 am-12:00 pm

Enrichment Center, Upper Level

This class will discuss the Bluegrass region of Kentucky with its unique topography and the flora that characterizes this region.

Growing a Champion Pumpkin & Entering Produce in the Boone County Fair

4/6, 10:00 am-12:00 pm

OR 6:00-8:00 pm

Enrichment Center, Upper Level

We will discuss growing a giant sized pumpkin and how to enter them in the fair.

Growing Blueberries in Containers

4/12, 6:00-8:00 pm, Nature Center

Learn about growing blueberries in containers while we tour our blueberry demonstration plots.

Spring Cole Crops

4/14, 2:00-3:00 pm, Nature Center

Join us at our high tunnel to learn about extending the growing season.

Gardening in Small Spaces

Learn how to garden in restricted spaces. Raised beds, containers, and small residential landscaping alternatives will be covered.

Must register at bcpl.org

•4/17, 6:30-7:30 pm, Florence Branch BCPL (7425 US-42)

•4/24, 6:30-7:30 pm, Walton Branch BCPL (21 South Main)

Earth Day Seed Giveaway

Celebrate with free seeds!

Must register at bcpl.org

•4/22, 10:00 am-12:00 pm, Florence Branch BCPL (7425 US-42)

•4/22, 1:00-3:00 pm, Walton Branch BCPL (21 South Main)

Arbor Day Tree Giveaway

4/28, 4:00-7:00 pm

Enrichment Center,

Lower Parking lot

Free tree seedling giveaway offered to the general public!

Cover Crops and Green Manure

5/5, 1:00-2:00 pm, Nature Center

Join us as we discuss the role of cover crops in adding organic matter and building the soil structure. We will discuss cover-crop selection, sowing techniques and soil incorporation.

Straw Bale Gardening

5/10, 1:00-3:00 pm

Enrichment Center, Upper Level

We will demonstrate how to successfully prepare or “season” a straw bale and also discuss how to plant it for season long vegetable production.

Tree & Shrub Options for Small Properties

5/16, 10:00 am-12:00 pm

OR 6:00-8:00 pm

Enrichment Center, Upper Level

Join us for great tree and shrub options that will work for small sites.

Beyond Red Maples- Under Utilized Landscape Trees

5/24, 1:00-3:00 pm

Enrichment Center, Upper Level

Avoid monoculture in your landscape. We will discuss some great underutilized tree selections for the Northern Kentucky area.

Advanced Master Gardener Weed ID & Management

6/7, 1:00-4:00 pm, Nature Center

An in-depth Master Gardener workshop that will include basic weed identification and effective control methods. OPEN ONLY TO MASTER GARDENERS.

Arboretum

Visit the Arboretum website to register: <https://bcarboretum.org/events>

Helping Hands Volunteer Days

*Tuesday mornings
9:00 am-12:00 pm
April through October
Arboretum*

Volunteers join Arboretum staff to help with plant collection maintenance needs.

Native Plants for Home Landscape Use

*1/19, 1:00-2:00 pm
Enrichment Center*

Discover the best and most widely available native plants to use in your home landscape, including trees, shrubs, vines, & perennials.

Pruning Trees & Shrubs

*2/16, 1:00-4:00 pm
Enrichment Center &
Arboretum*

Join us as we learn how to prune trees & shrubs from expert arborists. This program starts with a lecture at the Boone County Enrichment Center, followed by a hands-on at the Arboretum.

Landscape Tree Selection and Care

*3/16, 6:30-8:30 pm
Enrichment Center*

Discover the trees that perform best in our area.

Dogwood Dash 5K

*4/29, 9:00 am Race Start
Arboretum*

This annual 5K race is held each April as the spring blooms are coming out of their long winter nap.

Arboretum After Dark

Come explore the Arboretum after dark!

- *Stargazing*
5/26, 8:30-10:00 pm
- *Nocturnal Animals*
6/23, 8:30-10:00 pm
- *Plants at Night*
7/28, 8:30-10:00 pm

Agriculture

NK Cattle Association Annual Meeting

1/28, 11:00 am

\$10 dues paid at the door for new members, Enrichment Center

Invitation will be sent out to NK Cattle Association Members.

RSVP by 1/23

Pesticide Training

1/17, 10:00 am OR 6:00 pm

Extension Office, Claxon Room

This training is required for anyone purchasing restricted use products for their agricultural or horticultural crops.

CAIP Program Information Meeting

Feb/March, Enrichment Center

Boone County Ag Investment Program (CAIP) information will be provided for those interested in applying for cost-share in addition to pertinent details regarding the requirements and eligibility.

Pasture Weed ID & Control

3/7, 6:30 pm, Enrichment Center

Learn how to identify pasture weeds and control methods.

BQCA Certification Training

March TBA, Extension Office

This class certifies beef cattle farmers in BQCA. \$5.00 for BQA Certification; pay at time of event. These classes are requirements for some CAIP cost-share programs.

Bull Soundness Testing

4/15, Time TBA

Kenton County Fairgrounds

Veterinary led program to test the soundness of your bull before breeding season. Sign up for a time slot, there is a cost to this program.

Livestock Watering Option

5/11, Time TBA

*Kenton County Office
(10990 Marshall Rd)*

UK engineering specialist will go over a variety of watering options for your pastures.

Preparing for Fall Grazing

7/11, 6:30 pm

Enrichment Center

Learn how to manage fall forages and to improve your pasture for most efficient feeding.



*Introducing our new
Agriculture Agent,
Gary Stockton!*



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

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Cooperative Extension Service

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Fax: (859) 586-6107
boone.ca.uky.edu



4-H SUMMER CAMP

MAY 29TH- JUNE 2ND, 2023

Facebook @boonecounty4h

Community Arts

Facebook and Instagram: @BooneCommArts

Starting in May, find us at the Community Arts Corner at the Boone County Farmers Market one Saturday of each month. Create an art project suitable for all ages.

Beginner's Book Binding

3/21, 10:00-11:30 am

Enrichment Center, Upper Level

Learn the basic techniques for book binding and apply those techniques as we turn a simple pocket folder into a journal or sketchbook for you to take home. **Must register.**

Moment for Mandalas

5/17, 10:00-11:30 am

OR 5/23, 6:00-7:30 pm

Enrichment Center, Upper Level
Come learn about mandalas! This artform is focused on self-reflection and calming the mind. No experience required. **Must register.**

Join us and other local organizations at the

Community Activities Fair, Saturday, May 20th, 2023, 10:00 am-12:00 pm at the Boone County Farmers Market. Discover programs and services offered at this fun, free event!