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UPCOMING EVENTS

- Aug 26: Greenup County Master Gardener Meeting at 6PM
- Aug 27: Open Horticulture & Honey Exhibit Entry 9am- 4pm Harold Rice Building
- Aug 28: Judging of Exhibits 9am-Noon
- Aug 31: 4-H/FFA Livestock Sale 10 am Show Barn Arena
- Sept 10: Master Gardener Class #1 6pm GC Extension Office
- Sept 12: Estate Planning at Greenup County Extension Office 6pm
- Sept 13: Estate Planning at Greenup County Extension Office 10 am
- Sept 17: Greenup County Beekeepers Meeting at 6PM
- Sept 23: Greenup County Master Gardeners Meeting at 6 PM
- Sept 28: Greenup County Farmers Market Closing Day at Farmers Market Pavilion

Greenup County Old Fashioned Days October 3, 4 & 5 2024





Disability
accommodated
with prior notification.

GREENUP COUNTY MASTER GARDENER CLASS

**\$60.00
CLASS
FEE**

**EVERY TUESDAY
SEPTEMBER 10 -
NOVEMBER 19 6-8
PM AT GREENUP
COUNTY EXTENSION
OFFICE**

*For more
information
contact Linda
Hieneman 606-
836-0201 or by
email at
[linda.hieneman@
uky.edu](mailto:linda.hieneman@uky.edu)*



Come Join Us And Plan For Tomorrow

Greenup County Extension Service is hosting
2 FREE
Estate Planning Workshops

Thursday September 12 at 6pm
OR

Friday September 13 at 10 am
Please Call 606-836-0201 to Register



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

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Estate Planning Workshops- Planning for Tomorrow

Please join us on either Thursday September 12 at 6pm or Friday September 13 at 10am for **FREE** Estate Planning. You only need to attend 1 session. Lunch and dinner will be provided at each session.

There is no age limit to establish a will and if you have family members, please consider planning for their future.

Pam Potter, Potter Law Firm will walk class participants through creating a will and establishing an estate plan. She will go through real world scenarios to help aid in decision making for the future.

Tony Quillen, Greenup County PVA will share some pointers on common mistakes when completing and filling deeds. He will guide participants on ways to make corrections and eliminate common errors.

All class participants will leave with a notebook full of resource information to help continue the process of estate planning.

Please call Greenup County Extension Office at 606-836-0201 to **RSVP by Tuesday September 10th**.

Farmers Market Senior Voucher Program

This year Greenup County Farmers Market received 200 Senior Voucher Cards through the Senior Voucher Program. The program is administered by the Kentucky Department of Agriculture. Each card received \$50 that could be used to purchase fresh fruits and vegetables, fresh herbs and honey at Greenup County Farmers Market. Cards can only be used there.



These cards are eligible for redemption through September 28 only. If you have a card, please make sure to use all the funds. Available funding for next year will be based funding usage this year.

Congratulations to Master Cattleman Graduates





BEGINNING & SMALL FARMER SCHOOL

FRIDAY, NOVEMBER 1



10:00AM-3:00PM

9:30AM Registration



25 MSU FARM DRIVE

Arena Classrooms

TOPICS

- First Steps
- Farm Design & Layout
- Taxes & Record Keeping
- Enterprises to Consider
- Info from Partnering Groups

To register, use the QR code or call Greenup
Extension Office at: (606) 836-0201



Registration required by 10/25/24

**Cooperative
Extension Service**

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4-H Youth Development
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



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Easy Tortilla Breakfast Pizza

Servings: 3 Serving Size: 1/3 of pizza Recipe Cost: \$3.25 Cost per Serving: \$1.08



Ingredients:

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.



Greenup County Extension Service
35 Wurtland Avenue
Wurtland, KY 41144

RETURN SERVICE REQUESTED

Enjoy your newsletter,

A handwritten signature in black ink that reads 'Linda S. Hieneman'. The signature is written in a cursive, flowing style.

Linda Hieneman,
Greenup County Extension Agent for
Agriculture & Natural Resources

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