



GREENUP COUNTY AG & NATURAL RESOURCES

August/ September 2024

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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













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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CLASS

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Disabilities accommitted with pour application

GREENUP COUNTY MASTER GARDENER CLASS

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

For more
information
contact Linda
Hieneman 606836-0201 or by
email at
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



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 10**th.

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





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

Registration required by 10/25/24

TOPICS

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



Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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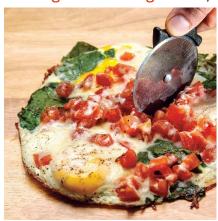
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Easy Tortilla Breakfast Pizza

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,

Linda Hieneman, Greenup County Extension Agent for

Agriculture & Natural Resources

Linda S. Hiereman

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