# Estill County Farm Scoop Agriculture & Natural Resources



## College of Agriculture, Food and Environment University of Kentucky,

**Cooperative Extension Service Estill County** 76 Golden Court Irvine, KY 40336 (606) 723-4557 Fax: (606) 723-5912 Estill.EXT@uky.edu

## A note from Emma...

Over the past three years I have had the opportunity to learn so much and make many wonderful lasting friendships within the community. Together we have celebrated so many successes, as well as made many new programs that will impact Estill County for years to come. I want to thank each of you for all the support and lessons that you have given me.

You are receiving this letter because I have been granted the opportunity to move back to my hometown to serve as a 4-H Youth Development

Agent. I will be transitioning into this role beginning September 1, 2025. My last day as the Agriculture & Nature Resource Agent in Estill County will be Friday, August 29th.

Please reach out if you need anything, although I am confident leaving you in the hands of our wonderful staff at the **Estill County Extension** Office. I wish you all the best and I hope that you welcome the next Estill County ANR agent with kindness and patience as they grow within this community and position.

## In this issue:

- Upcoming programs
- CAIP Education Hour Online Training Link
- Estill Co Extension Open House
- KY Proud Recipe



Emma Lee, County **Extension Agent** for Agriculture & Natural Resources Emma.lee@uky.edu

### Cooperative **Extension Service**

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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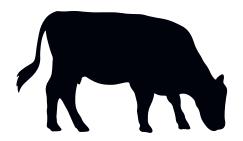




Needing your CAIP Education Hour? Visit this link!

https://anr.ca.uky.edu/sites/anr.ca.uky.edu/files/caip\_training\_ 2025\_access\_instructions.pdf





Cattlemen's Meetings will resume on September 11<sup>th</sup> at 6:00 PM.

The next Beekeepers meeting will be on September 30<sup>th</sup> at 6:00. Please call (606) 723-4557 to RSVP.



Soil and hay testing will still be available. Please make plans to attend the Estill County Extension Office Open House on September 9<sup>th</sup> from 4:00-7:00. Cattlemen's, Beekeepers, and other representatives from groups will be present to answer questions and provide information. See flyer on next page.

For any additional questions, please call (606) 723-4557.





PLEASE JOIN US FOR AN ESTILL COUNTY EXTENSION

# ullet OPEN HOUSE ullet

# Tuesday, September 9th

between 4 p.m. - 7 p.m. 76 Golden Court, Irvine, KY 40336

# DURING THE EXTENSION OPEN HOUSE TAKE THE TIME TO LEARN ABOUT PROGRAM INFORMATION FOR OUR THREE AREAS OF EXTENSION:

- Family & Consumer Sciences
- 4-H Youth Development
- Agriculture & Natural Resources

Speak to the Agents from each area and talk to volunteers from various programs. Take this time to visit with 4-H Club leaders, Extension Homemaker leaders, our local Cattlemen's Association, Bee Association and more.

## Grab a snack and enter to win Door Prizes!

We look forward to speaking with you.

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## Pumpkin Apple Muffins

paddoyo Smith apples, finely Z cnbs Granny lio eloneo quo s⅓ bnwbkin Jyz cnbs tresh pureed

2 large eggs λəuoų **sdnɔ ⅓ͺι** бәшұпи punoip noodseat 2/1 ginger punoip noodseat 1/4

cinnamon Punorg snoodsest 4/1 Hes nooqsest 2/ 11/4 teaspoons baking soda 11/4 cups whole-wheat flour 1/4 cnbs all-purpose flour

Yield: 18 muffins oven temperature to 350 degrees F. baking soda by 1/4 teaspoon and increase granulated sugar for honey, decrease Note: Can substitute two cups Preheat oven to 325 degrees F. In a large

2 g fiber, 20 g sugar, 3 g protein 160 mg sodium, 35 g carbohydrate, fat, 0.5 g saturated fat, 35 mg cholesterol, Nutritional Analysis: 200 calones, 7 g



test done. Cool for 10 minutes before

lined muffin cups, two-thirds full. Bake

for 25 to 30 minutes or until muffins

Fold in apples. Fill greased or paper

dry ingredients just until moistened.

and spices. In a small bowl, combine

honey, eggs, pumpkin and oil; stir into

powl, combine flours, baking soda, salt

at your grocery store, farmers' market, or roadside stand. Buying Kentucky Proud is easy. Look for the label



removing from pan.

RETURN SERVICE REQUESTED

**Estill County** 76 Golden Court Irvine, KY 40336



https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud For more Plate it up recipes visit

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