

# Newsletter




## IMPORTANT ANNOUNCEMENT


Due to the rising cost of printing materials, and postage we are making an attempt to decrease the amount of newsletters sent out in paper form going forward. We know this is not ideal, but we also post all the same newsletters, and more on our Facebook page and our official office website. If you do not use Facebook, or just prefer a paper copy in the mail, we will be happy to continue to send those to you. However, in order to receive a paper copy going forward, you **must** either call our office at (606) 256-2403 or scan the QR code below with your phone and fill out the address form prior to August 31, 2024



Scan here to  
fill out survey

## How to See Our Newsletters Digitally

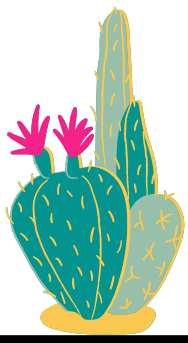
 Follow us on Facebook by searching RockcastleCES and clicking the “like” button then click the like button again and select “Favorites”

 Follow our office Agriculture page on Facebook by searching RockAgAgent and clicking the “follow” button



[www.rockcastle.ca.uky.edu](http://www.rockcastle.ca.uky.edu)

If you need assistance,  
please call our office!



# ROCK 4-H

news



## 2024 4-H CAMP

Sixty five youth from Rockcastle County had a wonderful education filled week at camp June 11-14. We want to thank everyone in the county that has a part in making camp a yearly success!



## UPCOMING EVENTS:

### Youth Ag Fair

August 2nd & 3rd  
Brodhead Fairgrounds  
Castle Village Dr. Brodhead, KY  
Entry to all events is FREE

### Schedule of Events

4-H and FFA Exhibit drop-off: Friday 9-noon

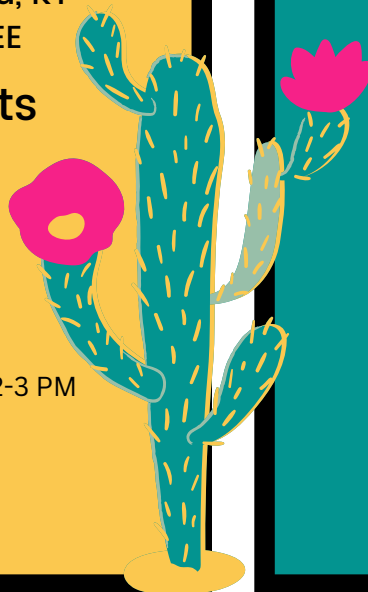
*Exhibits will be open for public viewing before and during dairy and beef livestock shows on Friday and Saturday!*

4-H and FFA Exhibit pick-up: Saturday 2-3 PM

Dairy Show: Friday 6 pm

Beef Show: Saturday 10 AM

Sheep Show: Saturday 6 PM



## CLOVERBUD CLUB

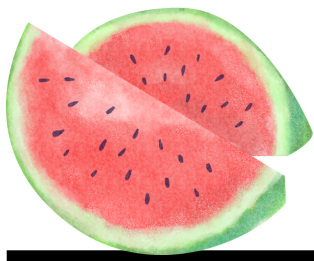
September 5th

5:30 PM

## HOMESCHOOL CLUB

September 18th

10 AM



# FCS News



## WITS Workouts

Join us for WITS Workout- an engaging, interactive and educational brain health program. Each lesson will be focused on relieving stress, keeping the brain youthful, and having fun!

**WITS WORKOUT**  
An engaging, interactive, and educational brain health program

**10 AM - Noon**  
**Rockcastle Extension Office**  
**1050 W. Main St**  
**Mt. Vernon, KY**

**July 17**  
**Aug. 7**  
**Aug. 28**  
**Sept. 4**  
**Sept. 25**

**ILLINOIS** Extension  
COLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

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, physical or mental disability or spiritual or religious practices. Reasonable accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.  
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating  
Lexington, KY 40506

## Sourdough Breads

Join us as we learn how to make sourdough bread from scratch!

August 8th 6 PM: Making the starter  
August 22nd 6 PM: Making the bread

Call (606) 256-2403 to RSVP



## Other Upcoming Events:

7/25- booth at Rockcastle Farmers Market 10 AM - 1 PM

11/7- Holiday Cooking School  
London, KY

-more information on tickets to come soon!

# AGRICULTURE NEWS

## Master Gardener

The past few years we have had an increase of folks express interest in a Master Gardener program. So we have listened, and are currently in the planning stages with the other Agriculture and Horticulture Agents in the Wilderness Trail Area to get that program started!

The program will take place this fall in Laurel County. You must call us at (606) 256-2403 to request to be notified of the dates when those are set, and how to sign up when it becomes available!

## Bull Value Assessment Program

September 19 & 26th at WTA Marketing Alliance in Laurel County. This is a two part series that provides an opportunity for producers to gain knowledge on proper bull selection when purchasing. Seats are limited so registration is REQUIRED by calling (606) 256-2403. If you do not register we cannot guarantee that we will have a space for you!

## Annual Farm Field Day

October 10, 2024

6 PM

Location is still to be determined. More details will be released soon!

## Upcoming

9/18 @ 1 PM: Rinse and Recycle  
Chemical Container Drop-Off  
-Rockcastle Extension Office

Fall Hay Contest! This is a regional program, more information will be released in September. Or for more info now, contact Garrard at 606-256-2403

