**4-H Camp**

If you are signed up for camp, you will be receiving a packet in the mail soon with camp information and forms to complete!

Update: We have a waiting list for girls and boys!

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**SPRING FASHION SHOW & LUNCHEON**

Thursday, March 22

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**AG Programs**

- CPH45 Seeks Input
- BQCA
- Healthy Horse Seminar
- Produce Best Practices Training
- Fetal Programming in Beef Cattle
- KY Seedstock Symposium
- USDA NASS surveys

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**Horticulture**

- Master Gardener Plant Sale
  - Saturday, May 12
  - 9 a.m. to 2 p.m.

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**HEALTH & FITNESS FUN DAY**

A Community Health Fair

Saturday, April 21

9 a.m. to noon

Clear Creek Park
Family Activity Center

See Page 2 for more details
Spring Fashion Show

To see the latest in Spring fashions, you are invited to attend the annual Spring Fashion Show sponsored by the Shelby County Extension Homemakers. The Fashion Show begins with a buffet lunch at noon on Thursday, March 22, at your Shelby County Extension Office. Proceeds of a Silent Auction will go to the Ovarian Cancer Screening Research Project. The $12 lunch reservation is due to the Shelby County Extension Office by Friday, March 16. Homemaker models are needed.

Health and Fitness Fun Day

Plan to attend the annual “Health and Fitness Fun Day” in the Clear Creek Park Family Activity Center gymnasium on Saturday, April 21 from 9 a.m. until noon. During this annual community Health and Fitness Fair, you can watch mini classes on physical activity opportunities. Free health screenings such as blood pressure will be available. A children’s activity section will include lots of active games and prizes.

Over 40 health, fitness and safety booths will provide free giveaways and valuable updates on health and safety issues. This event includes an educational scavenger hunt and the annual “Get Moving Kentucky!” Kick-Off and a bike rodeo. Everyone will have an opportunity to win door prizes including five bicycles, a month’s Family Activity Center pass and golf passes!

Everyone will receive valuable information and gain skills for a healthier tomorrow. Rain or shine, this is a Saturday morning adventure that you, your family and friends will enjoy!

March is National Nutrition Month

Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and start today.

Balancing Calories —
Enjoy your food, but eat less.
Avoid oversized portions.

Foods to Increase —
Make half your plate fruits and vegetables.
Switch to fat-free or low-fat (1%) milk.

Foods to Reduce —
Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers. Drink water instead of sugary drinks. Eat fewer sugary foods.

Weight—the Reality Series

Are you ready for a Spring Shape Up? Do you enjoy new healthy recipes and food sampling? Are you interested in making a few healthy lifestyle changes? Would you like to lose five or ten pounds? Join us at noon on Friday, April 20 for the first in a series of eight weekly one-hour weight management classes.

The course will provide self-discovery, education, skill-building, low-calorie recipe sampling, physical activity ideas and support to help adults manage their weight. The cost is only $5 for the entire series.

For support and information on healthy lifestyle changes, call 633-4593 to register for “Weight—the Reality Series.”

Sewing Circle

Join us on Tuesday (March 6, April 3, May 1) anytime from 3 until 8 p.m. to sew with others. Teachers will help you as you complete sewing UFOs (unfinished objects) or work on the sewing project of the month. Call 633-4593 or email Rachelle.sharar@uky.edu to find out what the sewing project of the month is and to have the supply lists sent to you.

In March, the Sewing Circle will be working on a Cathedral Window Pillow, Children’s Pinafore, Embellished Textiles and Sensational Scarves.

In April the Sewing Circle will be working on leggings with ruffles and a pin tucked camisole. The May projects include a convertible craft apron and magic pillowcase.

March is National Colorectal Cancer Awareness Month

Did You Know …..
♦ All Kentuckians age 50 and older should get regular colon cancer checks.
♦ Early colon cancer may have no symptoms.
♦ Nine out of 10 colon cancers may be prevented or cured with regular checks.

Now You Know! Talk to your doctor now about getting checked for colon cancer!
March is “Living Well” Month

As we “spring” into a new season, families across Kentucky are re-thinking healthy resolutions and re-focusing on the things that will truly help them in “living well.” Your Cooperative Extension Service is here to help you in eating right, spending smart, enjoying home, sharing time or any area that can help you and your family in living well!

March Extension Living Well Month is the perfect time to take a look at ways the Extension Family and Consumer Sciences program can help you if you are:

* Looking for savings of time and money with meals? -- low cost doesn’t have to mean “no flavor” -- learn how to save time and money to enjoy delicious meals

* Keeping an eye on nutrition? -- learn how to eat healthy for life

* Looking for quality time? -- learn how to build personal time and great family relationships

* Want to save for something special? -- learn to manage money to achieve your goals for housing, retirement, education & more

* Looking for great ways to make your home comfortable and inviting? -- learn how to create a relaxing atmosphere both indoors and outdoors with each season

* Looking for ways to share your time and talents with the community? -- find out about volunteer opportunities with organizations involved in learning, leading & serving!

Visit your Shelby County Cooperative Extension Service 8 a.m.–4:30 p.m. Monday through Friday. You can also call us at 633-4593. Our mission is to use the educational resources of UK to make a difference in the lives of people, families, and communities! Let us help you in LIVING WELL!

NEW Nutrition Education Program Assistant

We are happy to welcome Sarah Wright to the Shelby County Extension Staff. Sarah is available to teach a series of nutrition programs to help people stretch their food dollars and use those food dollars to select nutritious foods. Classes include new recipes and food sampling. Please call her at 633-4593 if you would like to invite her to teach your group nutrition programs.

Veggies for Breakfast

When trying to add more veggies to your diet, people often overlook breakfast. Breakfast can be a great opportunity to get a serving of veggies and to kick start your day. Veggies in the morning can set you on the path to success for your eating habits for the rest of the day. During the week when time is short, pre-making omelets on-the-go with veggies in a muffin tin is a great way to get your fill. Another option is to toast a piece of bread and spread avocado on it and tomato slice and add an egg if you have time! Egg dishes go well with veggies and are easy to add options like asparagus, tomato, spinach, onion, kale, pepper, broccoli, cauliflower, zucchini and so on. Another option is to add a large handful of greens to your fruit smoothie; the sweet taste of the fruit will offset the vegetable taste. If you are making a potato hash on the weekend, try throwing in some asparagus and leeks or even Brussels sprouts. If making pancakes try adding shredded zucchini or carrots. Just remember, some vegetables are better than no vegetables!

Source: Jean Najor, Senior Extension Associate, University of Kentucky; College of Agriculture, Food and Environment

Planning Ahead

Meet and Greet Bingo — 1 p.m. on March 27, April 24 and May 29. Bring a $5 gift.

Homemaker Book Club — 10 a.m. March 28

AARP Driver Course — 12:30 p.m. March 26

State Homemaker Meeting — May 7 — 9

Shelby County Annual Homemaker Meeting — Noon on May 23. The Shelby County Annual Homemaker meeting is open to ALL Homemakers. A catered meal will be provided, entertainment, silent auctions, door prizes and an opportunity to vote for the 2018 Day Trips all happen here!
Time to get your garden on.
Call us to reserve your space in the free gardening classes below:

Food Gardening classes – Want to grow your own food? This series of 6 classes is for beginners who want to grow vegetables and fruits in their own backyard. Classes start Tuesday, March 20 at 6:30 p.m. and will run every Tuesday night through April 24. These classes fill fast so call soon.

Container Bulb class
Master Gardener Elizabeth Rosenberg will show you how to get spring bulbs to bloom in containers in time for Easter on Thursday, March 22, at 6:30 p.m. Class size is limited so call ASAP to reserve a place.

How to make compost
Making compost is an efficient way to recycle yard and kitchen waste into valuable fertilizer for your gardens. You will learn how to make compost from waste products so you may never have to buy fertilizer again. The class is Thursday, April 26, at 6:30 p.m. at the Extension office.

The wonderful world of herbs
Back by popular demand, Master Gardener and garden writer Becky Kirts will describe how to select, grow and use a multitude of herbs on Thursday, May 17, at 6:30 p.m. Herbs will be given away as door prizes.

Master Gardener plant sale
The Master Gardener Plant Sale this year will be on Saturday, May 12, from 9 a.m. until 2 p.m. at the Extension office.

Plant and prune fruit trees now
Even though the weather may still be nasty, early March through early April is the best time to plant fruit trees. University of Kentucky fruit specialist Dr. John Strang recommends buying bare-root fruit trees and encourages the use of dwarf fruit trees for homeowners. Dwarf trees are slightly more expensive than larger trees, but they bear more quickly, are easier to prune and pick and require less space than standard or semi-dwarf trees. Dwarf apples and pears should be supported to keep them fromtoppling over during storms when they are laden with fruit. For a list of disease resistant apple trees, call Extension at 633-4593 or email walt.reichert@uky.edu.

March is also the best time to finish pruning chores – before buds break.
Dr. Strang recommends pruning the oldest trees first and the younger ones last. He also recommends holding off on pruning peaches, plums, nectarines and apricots (the stone fruits) until later in March or early April to make sure the coldest days...
of winter have passed. Stone fruits are prone to dieback if they are pruned just before a cold snap hits. Many people avoid pruning because they fear they will harm the tree. Fact is, not pruning at all is far more harmful to fruit trees than pruning too much. Extension’s publication “Growing Fruit at Home in Kentucky” is a free and helpful guide to growing fruit trees -- and pruning fruit trees correctly.

**Crabgrass prevention**

Pesky lawn weeds such as crabgrass, goose grass and barnyard grass can be controlled with pre-emergent herbicides – if the timing is done correctly. And that’s sometimes easier said than done, since the weather complicates things. Crabgrass starts growing when soil temperatures warm into the mid-50s, which happens sometime in mid- to late-March. When the crabgrass seeds start to germinate, the pre-emergent needs to be in place to kill the developing weed before it breaks ground. If the pre-emergent is put down too soon and heavy rains follow, the pre-emergent can be washed below the zone of effectiveness and do very little good controlling crabgrass and other summer annual weeds. UK turf specialists recommend late March as the best time to apply pre-emergent chemicals (a little earlier in far western Kentucky) to control crabgrass. For even more effective control, another application of pre-emergent in mid- to late-April is a good idea. Even then realize that some crabgrass seedlings may slip through the cracks. Spot spraying or digging them up before they go to seed will reduce infestation next year. Finally, remember that the best defense against lawn weeds is to keep the desirable turf growing as thick as possible. Crabgrass gets a foothold when bare spots appear in the lawn.

**Tool check**

Are your garden tools ready for the season? Why not get them ready now rather than experience downtime repairing or buying new tools just when you need to be out in the garden?

For motorized tools, change oil and filters now. Sharpen or replace blades. Inflate tires to specifications and be sure to remove built up grass clippings under mower decks if you didn’t do that in the fall. Grease any fittings if applicable.

For hand tools, check handles to make sure they fit tight into their collars or sleeves. Over winter, wooden handles frequently dry out and can loosen. Applying linseed oil to wooden handles before the season starts is a good plan. Remove any rust and sharpen blades before use. It is amazing how much better a sharpened shovel will dig vs. a dull one.

If you use a sprayer, make sure it is working before the first sprays of the year need to go on. Fill it with water and spray along a dry driveway or against a brick wall to check the pattern. Put a couple of drops of household oil in the hole near the pump handle if the sprayer is so equipped. Most small, hand-held sprayers are good for a year or two at best; it may be time to replace. Backpack sprayers typically last a few years longer.

Speaking of sprays, check to make sure you have all of the chemicals you will need for the summer. The stores that supply these tend to buy once in late winter/early spring and when they run out, they’re out. So make sure you have everything you need because it might not be available later.
4-H Camp Update

Response to attend 4-H Camp has been overwhelming! Camp is currently full and a waiting list has started. If you would like to be put on the waiting list for camp please turn in your camp registration form to the Extension Office. We will not be accepting camp payments for campers placed on the waiting list. If a camp spot becomes available we will contact the next camper on the waiting list.

Teen Leaders and CITs should have submitted their applications by March 1. The interviews and selection process will begin soon and you will be contacted by the Extension Office.

We are still accepting applications for adult volunteers to attend 4-H Camp. If you are interested, please complete an application and volunteer packet. We will have an orientation for all volunteers that go to camp.

Kentucky Ag Tag Program

Donations

Commissioner of Agriculture Ryan Quarles announced that he will continue the Voluntary Farm Tag Donation Program. All voluntary donations will be split evenly between 4-H, FFA and the Kentucky Proud program.

Farmers can make the voluntary donation of $10 when renewing their farm license plates at the county clerk’s office in March. March is the month that all farm tags expire and need to be renewed. Last year Shelby County 4-H received over $1650 from the program. Funds were used to support the 4-H program in Shelby County.

Making the voluntary $10 donation is an excellent opportunity for our agricultural community to support the youth of our community and help fund the programs that can make a lasting difference in their lives.

4-H Fashion Revue

The 4-H Fashion Revue will be held on April 26 at 7 p.m. at the Shelby County Extension Office. Everyone is invited to attend and see the participants in 4-H sewing, crochet and knitting projects model their creations.

If you want to participate in the Fashion Revue, please be sure to fill out a Clothing Information Sheet. 4-Hers that are sewing at Heritage and the Extension Office will receive a Clothing Information Sheet during their workshop. If you are not sewing in one of the workshops, please contact us for a sheet or it can be found on the 4-H page of the Extension website. We need these turned in prior to the Fashion Revue so we can create score cards and write scripts for each model.

Shelby County 4-H Shooting Sports Education

Shelby County Shooting Sports had their informational meeting on February 20. They will be resuming weekly practices in March. First time participants are required to attend safety training practices on March 12, 13, 19 and 20 prior to attending practices. Rifle begins on March 24, Archery on March 27, Shotgun on March 29 and Black Powder on March 29.

The best resource for information about upcoming events, practices or questions is the web site for the Shooting Sports program. The web address is https://shelbyky4h.com/. The website is updated frequently and has great information about the program. You can also find information on the County Extension website under the 4-H page. The last day for new members to join the Shooting Sports Program for 2018 is June 1. Enrollment will be limited to 100 participants and no cross county 4-Hers will be accepted.

Health and Fitness Fun Day

When we say the 4-H pledge, we always pledge our “health to better living.” One way to reach that goal is to participate in the Health and Fitness Fun Day at the Clear Creek Park Family Activity Center on Saturday, April 21 from 9 a.m. to noon. Families will have the opportunity to observe many of the classes offered at the park, receive educational materials and free screenings, participate in children’s activities, receive give-away items, and possibly win a great door prize. It is a great event for the entire family.
State 4-H Dairy Cow Camp

The Shelby County Dairy Club will be hosting the State 4-H Dairy Cow Camp on April 21st at the Shelby County Fairgrounds. This a fun event that focuses on Dairy Judging and will have 4-H members from across the state in attendance. If you are interested in attending, please contact the Extension Office. If you would like to volunteer or sponsor Cow Camp, please let us know. We appreciate any help that we can receive.

Spring Project Day

Shelby County 4-H will host a Project Day during Spring Break at the Extension Office. 4-H members will complete various projects that can be entered in the County Fair throughout the day. Information on specific projects will be posted on the 4-H page of the website and will be mailed to 4-H members.

Anyone that would like to volunteer to teach a class should contact Regina or Candice at the Extension Office.

Communication Contest

Judges Needed

Shelby County 4-H needs individuals to volunteer as judges and room hosts for the Communication Contests. Our Shelby County Contest is March 8 at 6pm. We are hosting the Louisville Area Contest on April 14 beginning at 9am. Volunteers are needed as room hosts and judges for speeches, demonstrations, mock interviews and variety acts. If you are willing to help, please contact Regina or Candice.

Spring Break Sewing Camp

A sewing camp will be held April 3 and 4 for 4-H members. The featured item will be a Bandana Throw. Registration is required to attend the camp. 4-H members should have basic sewing knowledge in order to complete the projects. Attendance both days is required. Registration materials will be available on our website.

Shelby County Fair

The Shelby County Fair will be June 11-16. We are looking forward to having another fun and exciting year showcasing all of the great project work of our 4-H members.

Please be aware that 4-H project categories have changed in the last couple of years. Stop by the Shelby County Extension Office to pick-up a 4-H Fair Entry Catalog and any project books you may need. Floral Hall entries will be accepted from 12:30 to 5 p.m. at Floral Hall on Monday, June 11.

4-H Horse Show Information

There will be some changes to the 4-H Horse Show Paperwork in 2018. The 4-H Eligibility Form that is required to show at the District and State Horse Shows will be submitted online only. 4-H members will be required to enter their own information and upload pictures of their horse during the first two weeks of April. More details will be provided as soon as they become available.

Now is a good time to start taking pictures of your horse. In the past, the state required pictures from the front, rear and both sides.

Kentucky 4-H High Adventure Club

The Kentucky 4-H High Adventure Club is a tri-county club that includes Shelby, Henry and Trimble counties. Club members meet once a month in Henry County to participate in hands-on educational activities. Members also have the opportunity to go on day hikes, overnight backpacking trips as well as many other outdoor activities. The club is open to current 9-12 graders.

If you would like to join the club or find out about our upcoming trips please contact Candice at the Extension Office 633-4593.

Articles By:
Regina Browning
Cooperative Extension Agent for

PAGE 7
CPH45 Producer Committee

Members Sought

Efforts are underway to rejuvenate the Lexington CPH45 Producer Committee. Cattlemen who have participated in Bluegrass Lexington’s CPH45 Sales in the past are invited to an upcoming kick-off meeting. This meeting will allow former participants the opportunity to become involved with or provide input to the producer committee.

The goal of rejuvenating the producer committee is to regain the grassroots aspect of the program by utilizing an active and involved producer group.

The initial meeting will be held at 4 pm on March 21 at the Bluegrass Stockyards prior to the CPH45 Sale that evening.

Beef Quality Assurance (BQA) and Cattle Care & Handling Changes

The Kentucky Beef Quality Assurance program has undergone an update and make-over for implementation in 2018. What this means for producers is a more comprehensive and valuable training that will allow producers to receive both the BQA and CCH certifications concurrently.

However, due to changes in the delivery methods relative to BQA, producers will no longer be able to schedule last-minute individual training sessions at the Extension Office which involve viewing one short video. BQA/CCH Training sessions will be scheduled periodically throughout the year and it will be the responsibility of the producer to attend one of these meetings. The next BQA/CCH certification opportunity will be Thursday, March 15 from 6-8 pm at the Extension Office. Call 633-4593 to reserve your space.

Please check the expiration date on your BQA card, or call the office if you can’t find yours, so that you are able to plan in advance to keep your certification current. Remember, BQA certification is a required component to receive CAIP funding.

Produce Best Practices Training (Formerly known as GAP for horticulture producers)

Fruit and vegetable producers who plan to sell at Farmers’ Markets this year and who need an All-Samples Certificate should attend the Produce Best Practices Training (PBPT) on Thursday, April 12, at 9 a.m. at the Extension Office.

This program replaces fruit and vegetable GAP (Good Agricultural Practices) training and has been updated to include new information. This will be the last training session offered in Shelby County for this growing season. In the past, producers have been able to receive training by watching a video, but that is no longer allowed, so please make every effort to attend if you know you are required to receive the training for your market.

If you have a current GAP diploma, it will remain valid until January 1, 2019. Following that date, all producers will be required to complete PBPT Training.

Call 633-4593 with questions or to reserve your space.

Upcoming Beef Programs

Two intensive beef cattle programs will be held at the Shelby County Extension Office in April:

1. Fetal Programming
2. Kentucky Seedstock Symposium.

Fetal Programming involves the effects of maintaining the cow in optimum condition throughout her pregnancy in order to affect the future productivity of her calf. This meeting will be held on Tuesday, April 24 from 6-8 pm. Dr. Michelle Arnold, UK Extension veterinarian, will speak regarding vaccination protocol and benefits and Dr. Lee Dickerson, Purina nutritionist, will discuss nutrition and fetal growth. A sponsored meal will be provided, so please call 502-255-7188 by April 18 to reserve your space.

Kentucky Seedstock Symposium will feature information regarding bull development, bull selection, utilizing EPDs, genomics technology and selection indices. Attendees will hear from Dr. Bob
Weaber, Kansas State University, Dr. Jeff Lehmkuhler and Dr. Darrh Bullock, both of the University of Kentucky.

The Symposium will be held on Wednesday, April 25 from 9 am—3pm. There will be a $25 registration fee, which will include lunch. To register, please call 502-255-7188.

Closing the Loop: Surveys to Reports
By: David Knopf
Director, NASS Eastern Mountain Regional Field Office

NASS conducts more than 400 surveys every year as part of our mission to provide useful, accurate data in a timely manner to the agricultural community. We always encourage all producers to sign up to receive reports that come out of those surveys. Getting the report closes the loop for producers who’ve responded to surveys and want to see the data, but it also provides valuable information to all producers who are represented by the sample answering the surveys. Those interested can visit the state web pages and click the link to receive NASS reports as they come out. As always individual responses to surveys are kept confidential, and the data is provided in aggregate form so that no individual operation or farmer is identified.

Our largest survey, the Census of Agriculture, is still ongoing. The CoA, conducted every five years, is the only source of uniform, comprehensive and impartial agricultural data for every county in the nation. It’s a complete count of U.S. farms and the people who operate them. From small plots of urban and rural land to large farms with thousands of acres, the Census counts them all plus looks at land use and ownership, operator characteristics, production practices, and income and expenditures. If you haven’t responded yet, there’s still time. In order to have the most complete, accurate data, we need every farmer to respond. Data from the 2017 Census of Agriculture will be available in February 2019.

Below are data from NASS surveys conducted in the 2017 fall and winter.

Kentucky Winter Wheat County Estimates
Kentucky farmers harvested 23.9 million bushels of winter wheat in 2017, down 25 percent from the previous year. Yield averaged 77 bushels per acre, down three bushels from 2016. Area harvested for grain totaled 310,000 acres. Acres for other uses totaled 170,000. Kentucky ranks 14th in the nation in winter wheat production.

The top five counties in production are:
Christian County – 4,222,000 bushels
Logan County – 3,382,000 bushels
Todd County – 2,330,000 bushels
Simpson County – 1,966,000 bushels
Graves County – 1,364,000 bushels.

The top five counties for yield are:
Wayne County – 84.4 bushels per acre
Meade County – 83.8 bushels per acre

Union County – 83.1 bushels per acre
Caldwell County – 82.8 bushels per acre
Davies County – 81.2 bushels per acre.

Upcoming county estimates release dates:
Corn and Soybeans – Feb. 22, 2018
Hay – April 19, 2018
Tobacco – April 26, 2018

Kentucky 2017 Crop Production Summary
Corn production estimated at 217 million bushels, down two percent from 2016. Corn yield estimated at 178 bushels per acre, up 19 bushels from 2016.

Acres for harvest as grain were estimated at 1.22 million acres, down 180,000 acres from 2016. The corn yield set a new record high, besting the previous record in 2015 by six bushels. The 2017 corn production ranks as the fifth largest corn crop in the Commonwealth.

Soybean production estimated at 103 million bushels, up 16 percent from 2016. Soybean yield estimated at 53 bushels per acre, up three bushels from 2016.

Acreage for harvest as beans was estimated at 1.94 million acres, up 160,000 acres from 2016.

The soybean yield surpassed the previous 50-bushels-per-acre levels achieved in 2013 and 2016. Soybean production for 2017 is the largest ever on record in Kentucky, outpacing the previous record by 16 percent.

Burley tobacco production estimated at 129 million pounds, up 21 percent from 2016. Yield was estimated at 2,050 pounds per acre, up 300 pounds from the 2016 crop.

Harvested acreage was estimated at 63,000 acres, up 2,000 acres from 2016’s crop.

Dark fire-cured tobacco production estimated at 38 million pounds, up 74 percent from 2016.

Dark air-cured tobacco production is estimated at 16.2 million pounds, up 111 percent from last year.

Alfalfa hay production forecast at 525,000 tons, down three percent from the 2016 level.

Other hay production estimated at 4.8 million tons, down five percent from last year.

To see the complete 2017 Crop Production Summary, visit https://release.nass.usda.gov/reports/cropan18.pdf.

Kentucky Cattle Inventory as of Jan. 1, 2018
All cattle: 2,160,000; down 10,000 from 2017
Beef cows: 1,030,000; up 10,000 from 2017
Milk cows: 57,000; unchanged from 2017

As always, you can contact the NASS Eastern Mountain Regional Field Office in Kentucky with any questions or concerns about surveys and reports. We look forward to hearing from our producers and data users.

nassrfoemr@nass.usda.gov
(800) 928-5277

Articles By:
Corinne F. Belton
Cooperative Extension Agent for Agriculture and Natural Resources
Master Gardener Plant Sale
Saturday, May 12
9 a.m. to 2 p.m.

The Shelby County Master Gardeners are proud to present hundreds of home-grown perennials and herbs. The Shelby County High School FFA will sell their ferns, annuals and vegetable plants. Also visit garden-related vendors and our garden boutique.

Breakfast and lunch food will be available!

Shelby County Cooperative Extension Service, 1117 Frankfort Road, Shelbyville KY 40065
(502) 633-4593 | shelby.ca.uky.edu

Health & Fitness Fun Day
Saturday, April 21
9 a.m. to noon

Bring the whole family to enjoy the Annual Shelby County Community Health Fair at the Clear Creek Family Activity Center

Door Prizes | Bike Rodeo | Bicycle Giveaway | Get Moving Ky! Kick-off

Clear Creek Family Activity Center, 717 Burks Branch Road, Shelbyville KY 40065
For more information contact Shelby County Extension office
(502) 633-4593 | shelby.ca.uky.edu
**MARCH**

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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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<tr>
<td>12</td>
<td>4-H Livestock Club, Fur &amp; Feathers, 7 p.m.</td>
<td>Extension Office</td>
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<tr>
<td>13</td>
<td>FCS Louisville Area Needlework Classes, All day event</td>
<td>Extension Office</td>
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<tr>
<td>15</td>
<td>AG BQCA Training, 6 p.m.</td>
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<td>16</td>
<td>FCS Microprocessing Class</td>
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<tr>
<td>17</td>
<td>4-H Equus Horse Club, 10 a.m.</td>
<td>Club Leader’s Farm</td>
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<td>19</td>
<td>4-H 4-H Dairy Club, 6:30 p.m.</td>
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<td>20</td>
<td>HORT Food Gardening, 6:30 p.m.</td>
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<td>22</td>
<td>FCS Spring Fashion Show &amp; Luncheon, noon</td>
<td>Extension Office</td>
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<td>22</td>
<td>HORT Bulbs for containers, 6:30 p.m.</td>
<td>Extension Office</td>
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<td>26</td>
<td>FCS AARP Driver Course, 12:30 to 4:30 p.m.</td>
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<tr>
<td>27</td>
<td>HORT Food Gardening, 6:30 p.m.</td>
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**APRIL**

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<thead>
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<th>Event Description</th>
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<tbody>
<tr>
<td>3</td>
<td>FCS Sewing Circle, 3 p.m. to 8 p.m.</td>
<td>Extension Office</td>
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<tr>
<td>3</td>
<td>HORT Food Gardening, 6:30 p.m.</td>
<td>Extension Office</td>
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<td>7</td>
<td>FCS First Saturday Walk About</td>
<td>Clear Creek FAC</td>
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<td>7</td>
<td>4-H Equus Horse Club, 10 a.m.</td>
<td>Club Leader’s Farm</td>
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<td>9</td>
<td>4-H Livestock Club, Fur &amp; Feathers, 7 p.m.</td>
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<td>10</td>
<td>HORT Food Gardening, 6:30 p.m.</td>
<td>Extension Office</td>
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<tr>
<td>10</td>
<td>HORT Master Gardener general meeting, 6:30 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>10-11</td>
<td>FCS Sewing Expo</td>
<td>General Butler</td>
</tr>
<tr>
<td>12</td>
<td>HORT Produce Best Practices Training, 9 a.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>12</td>
<td>4-H Saddles and Spurs, 7 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>14</td>
<td>4-H Area Communication Contest, 9 a.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>16</td>
<td>4-H 4-H Dairy Club, 6:30 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>17</td>
<td>FCS Shelby Co. Homemaker Council, 10 a.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>17</td>
<td>AG Shelby County Cattlemen’s Assn., 7 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>17</td>
<td>HORT Food Gardening, 6:30 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>17</td>
<td>4-H 4-H Council, 11:30 a.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>18</td>
<td>FCS Plate It Up! Cooking Club, noon</td>
<td>Extension Office</td>
</tr>
<tr>
<td>20</td>
<td>FCS Weight the Reality 8-week session begins, noon</td>
<td>Extension Office</td>
</tr>
<tr>
<td>21</td>
<td>ALL Health &amp; Fitness Fun Day, 9 a.m. to noon</td>
<td>Clear Creek FAC</td>
</tr>
<tr>
<td>21</td>
<td>4-H Dairy Cow Camp, 9 a.m.</td>
<td>Fairgrounds</td>
</tr>
<tr>
<td>21</td>
<td>4-H Equus Horse Club, 10 a.m.</td>
<td>Club Leader’s Farm</td>
</tr>
<tr>
<td>24</td>
<td>HORT Food Gardening, 6:30 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>24</td>
<td>AG Beef Cattle Fetal Programming, 6 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>25</td>
<td>AG Purebred Beef Cattle Symposium, 9 a.m.</td>
<td>Extension Office</td>
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<tr>
<td>25</td>
<td>FCS Gardening in Small Spaces, 10 a.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>26</td>
<td>HORT How to make compost, 6:30 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>26</td>
<td>4-H Fashion Revue, 7 p.m.</td>
<td>Extension Office</td>
</tr>
<tr>
<td>30</td>
<td>ALL County Extension Council, 6 p.m.</td>
<td>Extension Office</td>
</tr>
</tbody>
</table>

**KEY**

- **4-H** 4-H Youth Development
- **AG** Agriculture
- **HORT** Horticulture
- **FCS** Family and Consumer Science