

June/July  
2025



## EXTENSION EVENTS

How can I stay up-to-date?

### Monthly Newsletter

Call or email to be added to the monthly email list.



### Facebook Page

"Like" our Facebook page:

<https://www.facebook.com/claycoextension>



### Webpage

Check out the county webpage at:  
<https://clay.ca.uky.edu>



PO Box 421 / 69 Jameson Rd | Manchester, KY 40962 | P: 606-598-2789 | F: 606-598-2695 | <https://clay.ca.uky.edu>

### 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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Disabilities  
accommodated  
with prior notification.

# June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	4-H Summer Photo Challenge Week Two  Mental Health Monday 5:00 PM		4-H Project Day (Sand Art & Print Making) 2:00 PM	4-H Project Day (Fluid Art) 2:00 PM	4-H Summer Photo Challenge Week Two Photos due	Farmer's Market Opening Day 9:00 AM - 1:00 PM   CAIP Informational Meeting 1:00 PM
8	9	10	11	12	13	14
	4-H Summer Photo Challenge Week Three	Homemaker Card Club  Ky Woodland Owners Short Course: Tree ID 7:00 PM	4-H Teen Conference 10th-13th		Create & Inspire Homemaker Club  4-H Summer Photo Challenge Week Three Photos due	
15	16	17	18	19	20	21
★ HAPPY ★ FATHER'S ★ day ★			4-H Summer Food Preservation 1:00 PM		Homemaker Grab & Go Kits	Pins & Needles Homemaker Club  Pollinator Plant Sale
22	23	24	25	26	27	28
	Mental Health Monday 5:00 PM			Beekeeper's Meeting 6:00		
29	30					31
	Walk Your Way Challenge 5:00 PM					



# July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 4-H Let's Bake 1:00 PM  4-H New Camper & Parent Orientation EXCEL 3:30 PM	2	3	4 5 Happy 4 <sup>th</sup> of July  Office Closed
6 4-H New Camper & Parent Orientation EXCEL 12:00 PM	7 4-H Project Showcase July 7 <sup>th</sup> - 8 <sup>th</sup>	8 Homemaker Card Club	9	10 4-H Camp Teen Orientation 10:00 AM	11 Create & Inspire Homemaker Club	12
13 Pressure Canning 4:30 PM	14	15	16	17 Cooking with Smoke 5:00 PM	18	19 Pins & Needles Homemaker Club
20 Mental Health Monday 5:00 PM	21 4-H Camper Drop-off EXCEL	22	23 Beekeeper's Meeting 6:00	24 4-H Camper Pickup EXCEL	25	26
27	28	29	30	31		

# 4-H Events



**Get Involved in 4-H!**



*Alissa Ackerman*

Alissa Ackerman  
Agent for 4-H/Youth Development  
Clay County  
Email: [alissa.ackerman@uky.edu](mailto:alissa.ackerman@uky.edu)

## 4-H CAMP REMINDERS!

4-H Camp Dates: July 22nd-25th



- **Please return 4-H Camp paperwork by June 2nd!**

(If your child will be on medication at camp, please keep the included medication form and bring it completed, along with your child's medication, the day we leave for camp).

- **Remaining cost of \$40 is due by June 2nd!**

(Make checks payable to Clay County 4-H Council & mail to P.O. Box 421, Manchester, KY 40962)

If you applied for a scholarship, you should have received a message. If not, please call!

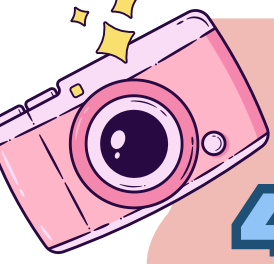
### 4-H Camper/Parent Orientation

(For those that have never attended camp, you must attend one of the two)

**July 2<sup>nd</sup> at 3:30PM or July 7<sup>th</sup> at 12:00PM at Clay County EXCEL Building by McDonald's. Call to register at 598-2789.**

- **Teen Orientation: If you are age 15 or older, you must attend Teen Orientation July 10<sup>th</sup> at 10AM (Clay County EXCEL Building by McDonald's)**





# 4-H SUMMER PHOTO CHALLENGE

Please visit our website for category information:

<https://clay.ca.uky.edu/events/4-h-summer-photo-challenge>

**WEEK 1:  
MAY 26TH-  
30TH**

## NATURAL RESOURCES

- Forest
- Water
- Wildlife
- Natural Scenic
- Native Plants
- Insect

**Photos Due: May 30th**

**WEEK 2:  
JUNE  
2ND-6TH**

## HORTICULTURE

- Single black & white
- Single color
- Sequence of 4 photos
- Horticulture collection

**Photos Due June 6th!**

**WEEK 3:  
JUNE 9TH-  
13TH**

## AGRICULTURE

- Livestock
- Crops
- Life Cycle
- Ag Scenic
- Farm Equipment
- Companion Animal

**Photos Due June 13th**

## DETAILS

When submitting photos, you must submit your name, subject of photo, location & equipment used.

Send all photos via Facebook messenger:  
Clay County Cooperative Extension Service

# 4-H PROJECT DAYS



## Sand Art & Print Making

Painting & crafting  
June 4<sup>th</sup> at 2pm

## Fluid Art

Abstract painting techniques  
June 5<sup>th</sup> at 2pm

## Summer Food Preservation

Drying apples & canning pickles  
June 18<sup>th</sup> at 1pm

## Let's Bake

Learn about KY State Fair Recipes &  
bake your very own!  
July 2<sup>nd</sup> at 1pm

## 4-H Project Showcase

July 7th-8<sup>th</sup> (Enter Projects, 8-4pm)

### REGISTER NOW!

Call the Clay County Extension Office at  
598-2789!





Clay County Extension Office



Cooperative  
Extension Service

# 4-H PROJECT SHOWCASE

**FREE**  
Ages 9-18

Want to show off your talents?

**JULY 7<sup>TH</sup> - 8<sup>TH</sup>**

Drop off projects: 8 am - 4 pm

**69 JAMESON RD, MANCHESTER**

- Items include photography, crafts, woodworking, foods, sewing, geology and much more!
- Those receiving Grand Champion will be eligible to enter items for Kentucky State Fair.
- Call 598-2789 to receive a packet of ideas.
- You can also check out the Kentucky State Fair Catalog to view all categories & rules for entering.
- Items will be judged on July 9<sup>th</sup> & will be available for the public to view from 12-4 pm.



**WEBSITE:**  
**CLAY.CA.UKY.EDU**

Please visit our website for category information:  
<https://clay.ca.uky.edu/sites/clay.ca.uky.edu/files/4-H%20Project%20Showcase%20Categories.pdf>



# *Congrats, Class of 2025!*



Clay County 4-H is proud to recognize and celebrate Sydney Nolan for her outstanding accomplishments and dedication to 4-H! Sydney will be attending Morehead State University, where she will major in Diagnostic Medical Sonography.

Sydney has been an active member of 4-H for over 8 years. Her involvement has included participating in local 4-H school clubs, being a member of the 4-H Natural Resources and Environmental Science Academy, serving as a teen counselor at 4-H Camp, competing in the local and State 4-H Communications Day contests!

Sydney has made a lasting impact through her leadership, enthusiasm, and commitment to learning and service. We are so proud of all she has achieved and can't wait to see what the future holds for her!

*Congratulations, Sydney!*





# Family & Consumer Sciences

Building strong families. Building Kentucky. It starts with us!



*Brandy Napier*  
**Brandy Napier,**  
Agent for Family & Consumer Sciences  
Clay County  
Email: [brandy.napier@uky.edu](mailto:brandy.napier@uky.edu)

Turkey Wraps  
Servings: 2  
Serving Size: 1/2 wrap

**Ingredients:**

- 8-inch whole-wheat flour tortilla
- 1 tablespoon low-fat ranch salad dressing
- 3 thin slices turkey breast
- 2 tablespoons assorted diced vegetables

**Directions:**

- Spread tortilla with a thin layer of ranch dressing.
- Place turkey and diced vegetables on top of salad dressing.
- Roll up and slice in half.

**Tips:**

For a vegetarian option, replace turkey with 1/4-cup shredded cheddar.



Nutrition facts per serving: 230 calories; 6g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 540mg sodium; 24g total carbohydrate; 0g fiber; 2g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium

*Source: Eat Smart to Play Hard: Heather Shaw, Metcalfe County Nutrition Education Program Assistant, University of Kentucky Cooperative Extension Service*



The Clay County Extension Homemakers are part of the Kentucky Extension Homemakers Association. KEHA, with a rich history dating back to the early 1900s, is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

Clay County Extension Homemakers receive a monthly lesson and newsletter, quarterly Grab & Go crafts, and additional opportunities to engage and learn through special interest lessons and other events. Clay County Extension Homemakers is open to everyone without regard to race, color, age, sex, religion or national origin.

There are currently three Clay County Extension Homemakers Specialty Clubs: Pins & Needles, Card Making Club, and Create & Inspire. Our Specialty Clubs focus on learning, developing and preserving a specific skill, interest or activity. You do not have to be an expert in the area, more seasoned members are always eager to share their knowledge and skills. During monthly meetings, members in these clubs work on personal projects, participate in group projects, and learn new techniques and methods from fellow members.

Clay County Extension Homemakers has a place for you even if you are unable to commit to regular club meeting attendance. Members-at-Large, sometimes referred to as Mailbox Members, are held to the same high esteem and afforded all the opportunities of regular club members. New members are always welcome! Homemaker dues are \$12 annually. If you would like more information, call Brandy Napier at 598-2789 or visit: <https://clay.ca.uky.edu/clay-county-homemakers>.



## Homemaker Grab & Go Kits

Quarterly Grab & Go Crafting Kits are now available to all paid Clay County Extension Homemakers. These kits contain the materials and instructions for creating a craft at home. Kits can be picked up in the office Monday-Friday from 8:00 AM – 4:00 PM.

This quarter's kit will be available June 20th!! Kits will include materials to make a lemon pomegranate sugar scrub.

## Create & Inspire Homemaker Club

Create & Inspire is Clay County Extension's newest Homemaker Club. Led by Lona Cornett, Create & Inspire meets the second Friday of each month from 10 AM – 5 PM at the Clay County EXCEL Building, 86 Muddy Gap Road. Create & Inspire provides a warm, welcoming, and fun atmosphere that gives members the opportunity to connect with others as they work on their favorite craft or hobby. As an added bonus, members have ample space to spread out their materials and allow their creativity to flow! Bring your project and join us for a creative and inspiring day! Upcoming meeting dates are June 13th and July 11th. If you are not already a paid Homemaker, dues are \$12.00 annually. Call 598-2789 for more information.



## Homemaker Card Club

Would you like to learn how to make beautiful greeting cards? Join our Homemaker Card Making Club, led by Gail Voyles! We meet the 2nd Tuesday of every month at 1:00 PM at the Clay County Extension Office. We always welcome new members. If you are not already a paid Homemaker, dues are \$12 annually. Your annual Homemaker dues allow you to join any of our Homemaker Clubs. Upcoming meeting dates are June 10th and July 8th.

## Pins & Needles Homemaker Club

The Pins & Needles Homemaker Club is led by Laura Garrison and meets the 3rd Saturday of every month at 10:00 AM at the Clay County EXCEL building, 86 Muddy Gap Road. This club always welcomes new members! Bring your materials and join us with your sewing projects. Don't know how to sew, no problem...we will teach you! If you're not already a paid homemaker, dues are \$12 annually. Call 598-2789 for more information. Upcoming meeting dates are June 21st and July 19th.





# Mental Health Mondays

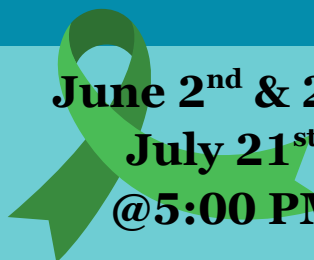
Join us as our Mental Health Monday's series continues. We focus on improving mental health through:

- mindfulness practices
- self-care
- creative expression
- fellowship
- stress reduction techniques
- coping skills
- crafting
- connecting with others



Call to register  
**606-598-2789**  
Website: [clay.ca.uky.edu](http://clay.ca.uky.edu)

**June 2<sup>nd</sup> & 23<sup>rd</sup>**  
**July 21<sup>st</sup>**  
**@5:00 PM**



**UK** Cooperative  
Extension Service

## Walk Your Way Challenge

**June 30<sup>th</sup>**

**5:00 PM**

**Clay County Extension Office**  
**69 Jameson Rd.**

Are you interested in increasing your physical activity but not sure how to start? Start slow, start smart, start with us!

Walk Your Way is a 12-week challenge based on the National Heart, Lung, & Blood Institute's walking plan and allows you to start at a pace that is comfortable for YOU. The program includes 3 in-person meetings (beginning, mid-point, and end), a schedule and log to keep you on track, and weekly newsletters with tips and information to keep you moving.

Our first meeting for the Walk Your Way Challenge will be held on June 30th! No registration needed.



# Pressure Canning

 Cooperative  
Extension Service

Join us on July 14th at 4:30 pm at the Clay County Extension Office as we learn the basics of pressure canning to preserve foods. You will have hands-on experience prepping and processing green beans and carrots (which you'll be able to take home to enjoy) and you will also learn to apply these same methods in preserving numerous other foods including soups, stews, and meats.

**July 14th**

**4:30 pm**

**Clay County Extension Office**  
69 Jameson Rd, Manchester KY



Call to register  
**606-598-2789**



Space is limited  
Call to register  
**606-598-2789**

## COOKING WITH SMOKE

We are excited to offer an evening focusing on cooking with smoke! We will discuss smoking basics, meats and other foods perfect for smoking, and rubs & marinades. And, of course, we couldn't talk about food smoking without actually trying some!

**July 17th**

**5:00 pm**

**Clay County Extension Office**  
69 Jameson Rd, Manchester KY







# GET MOVING, HAVE FUN

*Movement is a celebration of what your body can do! Find different ways to stay active that bring you joy.*

## What is joyful movement?

- Joyful movement is any physical activity that you enjoy and makes you feel good.
- It's not about doing hard exercises or changing your body.

## Benefits of joyful movement

- Improves your mood and reduces stress.
- Boosts your energy levels and overall well-being.
- Strengthens your muscles, bones and heart.
- Improves your sleep and mental focus.

## Find what you love

- Don't be afraid to try different activities.
- Pick activities that make you smile and help you feel refreshed.

## Make it social

- Exercise with friends or join a group class. This can make moving more fun and motivating.

## Listen to your body

- Think about how different movements make you feel – physically and emotionally.
- Give your body time to rest and recover.

## Set goals you can reach

- Focus on your own growth and progress. Don't compare yourself to others.
- Celebrate small wins and milestones along the way.

## Be playful

- Remember that movement can be playful – jump, skip and dance like nobody's watching!

- Try outdoor activities and games that let you feel like a kid.

## Be in the moment

- Be mindful during your activities. Focus on your breath and how your body feels.
- Stay present and enjoy the moment. Don't judge yourself.

## Make it a habit

- Stay consistent in your movement habits, but don't be strict. Be flexible and have fun.
- Schedule regular times for joyful movement that fit into your daily life.

## Have fun & be kind to yourself

- Embrace the joy of movement as a form of self-expression and self-care.
- Let go of pressure or expectations. Focus on enjoying the journey.

## Examples of joyful movement activities

- Dancing in your room or at a local dance studio.
- Hiking in nature with friends or family.
- Trying out a new sport or fitness class.
- Playing frisbee or soccer in the park.
- Practicing yoga to relax and become more flexible.



American Heart Association.

Healthy for Good™

Find out how at [heart.org/movemore](http://heart.org/movemore).

# How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



## *Fit in 150+*

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



## *Move More, Sit Less*

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



## *Add Intensity*

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



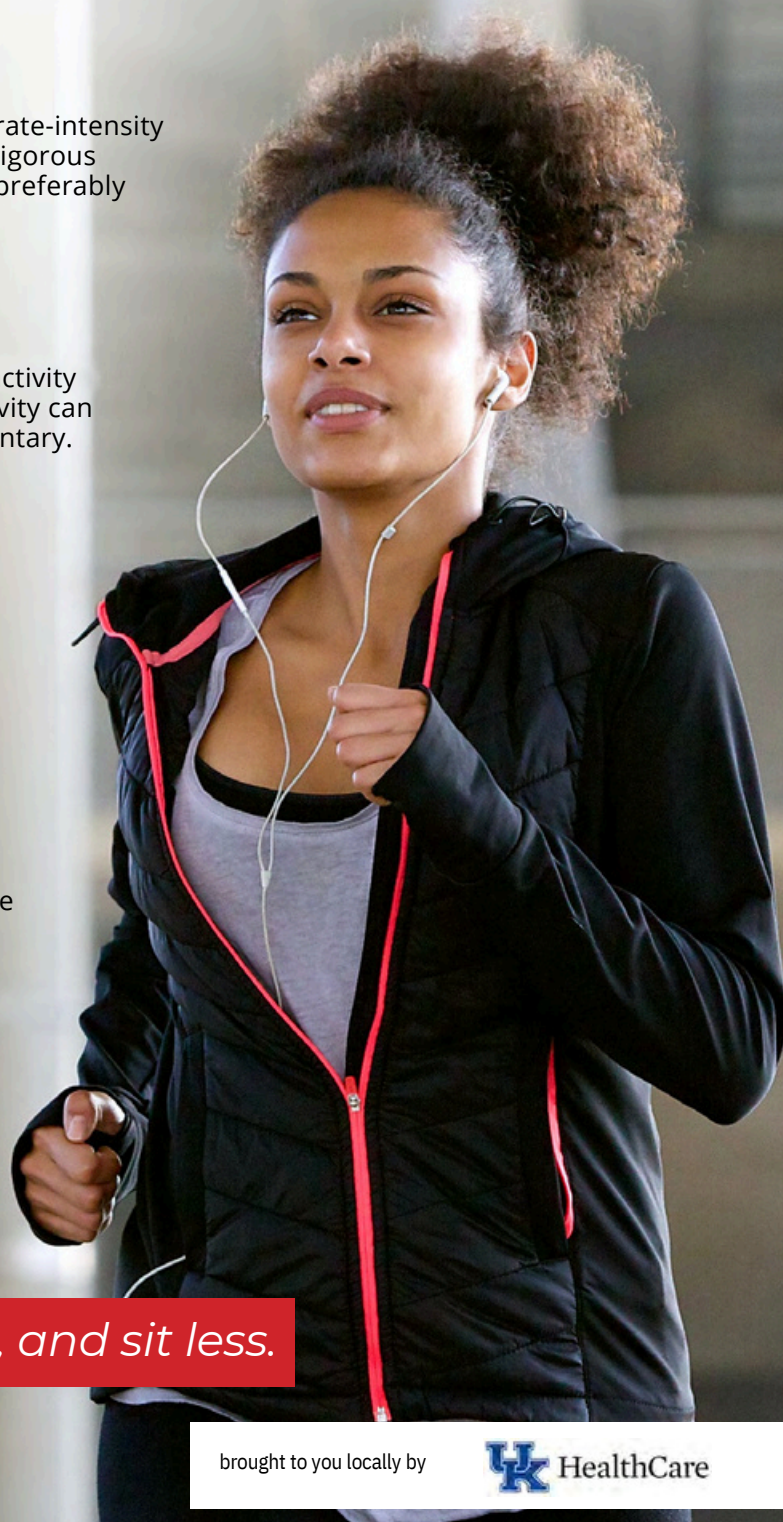
## *Add Muscle*

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



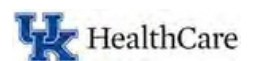
## *Feel Better*

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.



*Move more, with more intensity, and sit less.*

brought to you locally by







# AGRICULTURE/NATURAL RESOURCES



*Ashley Adkins*

Ashley Adkins  
Agent for Agriculture & Natural Resources  
Clay County  
Email: [ashley.adkins@uky.edu](mailto:ashley.adkins@uky.edu)

**ATTENTION**

The application period for the 2025 Clay County Agricultural Incentives Program (CAIP), which assists farmers in completing on-farm improvements, will be June 7<sup>th</sup> - June 30<sup>th</sup>. There will be an informational meeting on June 7<sup>th</sup> at 1:00 PM at the Clay County EXCEL building. No applications will be accepted before this date and all applications MUST be turned in by June 30<sup>th</sup>. If you cannot attend the informational meeting, applications will also be available at the Clay County Farmers Market on June 14<sup>th</sup> and June 28<sup>th</sup>. For more information on guidelines, etc. visit our website at <https://clay.ca.uky.edu/CAIP>.

## MONEY FOR FARM IMPROVEMENTS



KENTUCKY AGRICULTURAL  
DEVELOPMENT FUND

### Eligible Incentive Areas:

*Agricultural Diversification*  
*AgTech & Leadership Development*  
*Large Animal - Small Animal*  
*Farm Infrastructure*  
*Fencing & On-Farm Water*  
*Forage & Grain Improvement*  
*Innovative Ag. Systems*  
*On-Farm Energy*  
*Poultry & Other Fowl*  
*Value Added & Marketing*

Administered by

**Kentucky Ketch Inc.**

214 3<sup>rd</sup> Street

Manchester, Ky 40962

606-813-3843

[bcraftb@windstream.net](mailto:bcraftb@windstream.net)

## COUNTY AGRICULTURAL INCENTIVES PROGRAM (CAIP)

Applications are available for Clay County's CAIP to assist farmers in making important farm improvements.

### Application Period:

**June 7 thru June 30, 2025**

**No applications will be accepted before June 7 or after June 30**

### Application Availability:

**Clay County Farmer's Market**

**June 7, 14, and 28 (10 a.m. – 1 p.m.)**

### For More Information:

**Info meeting will be held June 7, 2025, 1 pm, EXCEL Building beside McDonald's.**

*All applications are scored, based on the scoring criteria set by the Kentucky Agricultural Development Board.*



## Registration for 2025 Kentucky Woodland Owners Short Course now open!

Kentucky Woodland Owners Short Course

JUNE 10-26  
JULY 19 OR AUGUST 16

FORESTRY, WILDLIFE  
AND WATER EXPERTS

# WOODLAND OWNER WEBINARS & FIELD SESSION

Webinars

JUNE 10 - 26  
7 PM - 8:30 PM ET

Field Session and Extravaganza

JULY 19 - WHITLEY CO.  
AUGUST 16 - PENDLETON CO.

Cooperative Extension Service  
FORESTRY AND NATURAL RESOURCES - EXTENSION

www.KYWOSC.org

Beginning June 10<sup>th</sup> and running through June 26<sup>th</sup>, the Kentucky Woodland Owners Short Course delivers six live weeknight webinars from 7 p.m. to 8:30 p.m. Eastern Time.

Topics range from tree identification and day-to-day woodland management to forest health, wildlife interactions, timber harvesting and ways Natural Resources Conservation Service programs can bolster both woodland vitality and downstream water quality.

***The Clay County Extension Office will be hosting a free online viewing event for the first live webinar of the series "Tree Identification" on June 10<sup>th</sup> at 7:00 p.m. Please call 598-2789 to register.***

Have you ever wanted to learn how to ID Kentucky's trees? The Kentucky Woodland Owners Short Course is designed to support woodland owners in caring for and managing these valuable resources!

Whether you're passionate about Kentucky's woodlands or just curious, the WOSC equips you with the information and connections necessary to enhance their health and productivity for today and the future!

Join us on June 10<sup>th</sup> at the Clay County Extension Office as we watch the first live webinar "Tree Identification" together!

LEARN  
**TREE**  
IDENTIFICATION

**LIVE  
WEBINAR**

June 10, 2025  
7 - 8:30 p.m.

Clay County Extension Office  
69 Jameson Rd.  
Manchester, KY 40962

Join us in discovering how to effectively manage our woodlands while learning how to identify the trees in your forest.

Cooperative Extension Service  
FORESTRY AND NATURAL RESOURCES - EXTENSION

Register at 606.598.2789

part of the Kentucky Woodland Owners Short Course Webinar Series

**For more information visit: <https://wosc.ca.uky.edu/2025-WOSC>**



June 16-22, 2025



## Pollinator WEEK

[pollinator.org](http://pollinator.org)

National Pollinator Week in 2025 will be held from June 16<sup>th</sup> - June 22<sup>nd</sup>. This is a week-long celebration dedicated to raising awareness about the importance of pollinators and encouraging actions to protect them.

To celebrate this event, there will be a Pollinator Plant sale on June 21<sup>st</sup> at the Clay County Community Farmers Market located at the EXCEL Building, 86 Muddy Gap Road.

We encourage you to celebrate this important time of year with this wonderful opportunity to bring more native habitat to our community.



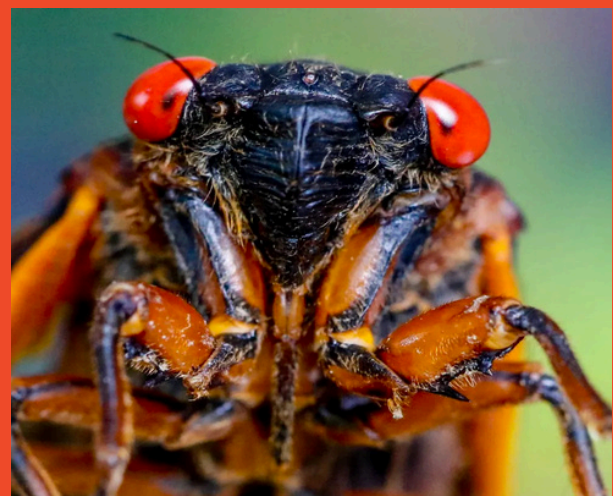
### Clay County Beekeeper's Association

Thursday, June 26<sup>th</sup> at 6:00 PM &  
Thursday, July 24<sup>th</sup> at 6:00 PM

The Clay County Beekeeper's Association meets the fourth Thursday of each month at the Clay County EXCEL Building, 86 Muddy Gap Road.

If you are interested in becoming a beekeeper, feel free to contact Clay County Extension Office at 598-2789 to learn about our local organization meetings. New members are always welcome!





# Kentucky's 2025 Periodical Cicada Emergence

2024 was famous for the Double Brood Emergence, but Kentucky will see more cicada action in 2025. Nearly every county east of Ohio County in western Kentucky will see some periodical cicada activity. These amazing insects have been below-ground for 17 years, what can we expect when they start to emerge?

## Things will start around mid-May...

Periodical cicada nymphs start moving out of the ground when soil temperatures reach about 64 degrees. This matches up with the spring bloom of irises. Then, Brood XIV will arrive!



**May**  
Nymphs  
emerge from  
the ground



**June**  
Adults sing,  
mate, and lay  
eggs



**July**  
Periodical cicadas die  
out for the year, and  
will be gone for the  
next 17 years



## Periodical cicada fast facts



There are three  
different species  
that will emerge in  
2025

The cicadas that  
emerge next year were  
born in the year 2008

Cicadas "count" the  
seasons below  
ground to know  
when to emerge



Brood XIV is mostly concentrated in  
Kentucky, call them the "bourbon brood"!

Snakes,  
turkeys, foxes, and  
lots of wildlife  
devour them



# Common questions and concerns about periodical cicadas



When millions or billions of bugs come out of the ground, people have questions! Luckily, there is very little to worry about with these insects but let's cover some specific FAQs.

**17**

## Why seventeen years?

The long period between emergences means nothing only eats these cicadas.



## Safe for pets?

Dogs and cats can safely consume cicadas in moderation.



## Why so loud?!

Male cicadas sing together to attract females, the noise is a bug concert.



## Managing dead cicadas?

Usually they can mulched or mowed into landscape.



## Safe for people to eat?

If you don't have a shellfish allergy, eat them after cooking and in moderation

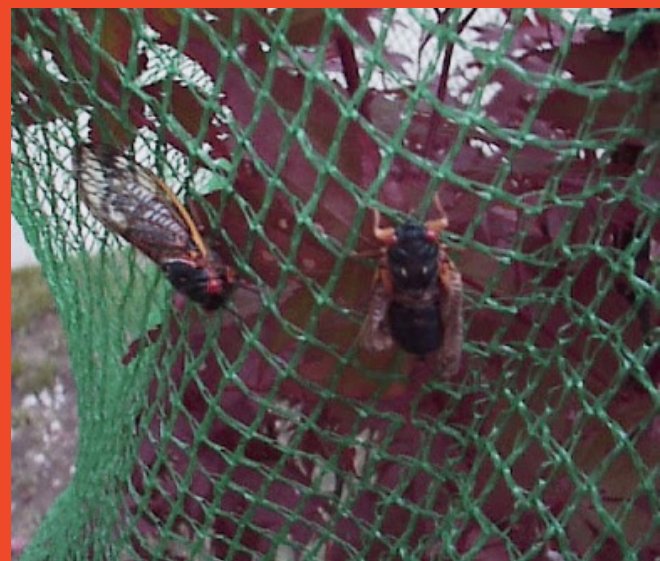


## Where to find?

Most commonly found near oaks by streams, creeks, and rivers. Also by fruit trees.

## Cicadas and new trees

Periodical cicadas lay their eggs in tree branches by cutting slits in the bark. Big, mature trees can handle this. New trees or fruit trees should be protected though. The best option is to purchase "cicada netting" which is gauged to exclude females from trees. Secure excess netting to the tree around the trunk where there are no branches. It will look a bit like a lollipop when finished.



**UK** Cooperative  
Extension Service  
Clay County  
PO Box 421 / 69 Jameson Rd  
Manchester, KY 40962-0421

RETURN SERVICE REQUESTED

# CLAY COUNTY COMMUNITY FARMERS MARKET



## OPENING DAY



**JUNE 7<sup>TH</sup>**  
**9AM-1PM**

EXCEL - 86 MUDDY GAP RD

**SHOP  
LOCAL**