



MISSISSIPPI STATE UNIVERSITY™
EXTENSION

Yalobusha Loop

YALOBUSHA COUNTY

JUNE 2025



June FCS After 5

Electric Pressure Cooker (AKA: Instant Pot)

Date: Thursday, June 19th

Time: 5:30-8 p.m.

**Location: Yalobusha County
Extension Office**

Cost: \$20

(Cost covers a meal and supplies to demonstrate several recipes using the electric pressure cookers)

Deadline to register is Friday, June 13th

Space is limited. Must pay fee to be considered registered for class.



**FAMILY,
HEALTH,
& WELLNESS**



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Canning Vegetables using a Pressure Canner

**Location: Yalobusha County
Extension Office**

Date: Monday, June 23

Time: 1:30 -5:00 p.m.

Cost: \$10

(Participants will take home one jar of canned produce).

Must pay fee to be considered registered for the class.

For more information contact the Extension office at 662.675.2730 or email p.redwine@msstate.edu



**FAMILY,
HEALTH,
& WELLNESS**



Forestry Association meeting will be held on Tuesday, June 17, 2025 at the Multipurpose Building in Coffeeville. Our speakers for the evening will be Jimmy Nail with Nail Forestry Service and Corey Franks, Area Forester with MS Forestry Commission. Please contact the office by noon on Monday, June 16, if you plan on attending.

ONLINE EXAM

ServSafe ONLINE EXAM will be offered at the Extension office **On Thursday, July 24th**

Two Time Slots Available:
10am and 2pm

**DEADLINE TO REGISTER:
July 17, 2025**

For more information contact Pamela Redwine at 662.675-2730 or email p.redwine@msstate.edu

Online pricing:

Book with proctor fee and seat code \$114 (must order via <https://www.fsnhp.msstate.edu/workshops/servsafe/registration.php>)



ServSafe Food Safety Certification Course

Date: August 26, 2025

Time: 7:30 a.m. – 6 p.m.

Cost: \$150

Location: Yalobusha County Extension Office

**Deadline to Register: Friday,
July 25th**

Raising kids, Eating right, Spending smart

Living Well™

Healthy You Exercise
Chair Exercise Class
Every Wednesday
@ the MSU Extension office
9 a.m. - 9:40 a.m.

We use a video workout program which is designed to help seniors develop strength and enhance the ability to function in daily life.
Bring a set of 1-2 pound weights.
Wear cool comfortable clothes and bring water to drink.



MSU Extension will provide reasonable accommodations to persons with disabilities or special needs. Please contact our office prior to a program or event to request reasonable accommodations.

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Healthy You Exercise
Indoor Walking
Meets Every Friday at 9 a.m. at the Extension Office



Join us for up to 45 minutes of Physical Activity.

Wear Comfortable clothes, good tennis shoes and bring water to drink.

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MHV NEWS
United Y.C. MHV

United Y.C. MHV Club

Meeting: June 17, 2025
9 a.m. @ Extension office

New members welcome!

June Create MHV Meeting



Date: Wednesday, June 11
Time: 10 a.m. until noon
Location: Yalobusha County Extension Office
Program Leader: Mary Fuquay
Program: Painted Cutting Board
Cost: All supplies provided for \$6.00.
Payment made to Mary Fuquay
Call the Extension office by Monday June 9th to reserve your spot.



The Crochet Group will meet at the Extension Office this

month from 10 a.m. until noon. You will need to bring the yarn of your choice and a crochet hook. This is a great opportunity for beginners to learn how to crochet, as well as, a good time for more experienced people to get ideas for new projects, or finish existing projects. We hope you will join us.

June Dates:
Thursday, 5
Thursday, 19



The Sewing for Service Group will meet at 9 a.m. until noon on Monday, June 2nd and 16th at the Yalobusha County Extension Service located inside the Multi-Purpose Building in Coffeeville. We will be sewing wheelchair and walker bags for the nursing home. This club is free and open to the public. We need participants to help cut out patterns, iron, and sew.

Participating in Activities You Enjoy As You Age

There are many things you can do to help boost your health as you age, including making healthy food choices and not smoking. But did you know that participating in social and other activities you enjoy can also help support healthy aging? As you grow older, you may find yourself spending more time at home alone. Being lonely or socially isolated is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health. If you find yourself spending a lot of time alone, try participating in activities you find meaningful — those that create a sense of purpose in your daily life. These can include hobbies, volunteer activities, or time with family and friends.

<https://www.nia.nih.gov/health/healthy-aging/participating-activities-you-enjoy-you-age>



4-H News

4-H Cooking Kit for June



What: Monthly Cooking Kits

Cost: \$12 per month

Kit Contains: A recipe, all of the ingredients you will need to complete recipe, a kitchen tool, educational information about the featured food and an activity evaluation.

Registration Deadline: Friday, June 13th

Pickup Date: Thursday, June 19th Participants are asked to send Mrs. Pamela a picture of child cooking the recipe and the completed evaluation by Monday, June 30th.



4-H Homeschool Club Meeting:

If you are a homeschool family, we would love to have you join us. We meet twice a month and enjoy learning about a variety of topics.

The meetings are held at the Yalobusha County Extension office from 1:30-3:30 p.m.

We are continuing our "Becoming a Puppeteer" Series.

June Puppet Show Practice Dates:

Monday, June 2nd – Bring Homemade puppet and scripts.

Monday, June 30th – Bring Homemade puppet and scripts.



The Yalobusha 4-H Shooting Sports team competed in Charleston at the NW District Shoot on May 3. Our participants did amazingly well with 18 qualifying for the Junior State Shoot to be held June 14 and 7 Senior shooters qualifying for the State 4-H Championship to be held in Jackson in July. Congratulations to these dedicated youth and a huge thank you to our volunteer coaches and the parents who make sure they get to practices.



BEAT THE HEAT and Get Healthy as a Family!

Sponge Tag:

Played like the traditional game of tag. The person who is "it" has a wet sponge to chase other players with. The first person tagged with the sponge becomes the next "it." Soak the sponge in clean, cold water after each round. Play this game on grass to make sure everyone stays safe.



Pool Visit:

Cool down with a trip to the local pool! Play a classic game like Marco Polo: The person who is "it" closes his/her eyes for a set number of seconds while opposing players disperse in the pool. "It" calls out "Marco!" and the other players respond "Polo!" "It" swims around the pool attempting to tag the other players. The first person tagged becomes "it" next. Supervise children in the water at all times, make sure younger kids stay in shallow water, and provide life jackets for weaker swimmers.



United States Department of Agriculture

Food and Nutrition Service • FNS-609 • March 2016
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4-H Terrific Tuesdays & Summer Programs



<u>June</u>	<u>July</u>
2 nd 1:30 Homeschool Puppet practice	1 st 4-H North State Grilling Contest
3 rd 2:00 Lego Engineering	3 rd Spa Day Deadline
4 th 10:00 Grilling Workshop	8 th 2:00 Spa Day
6 th Rock Painting Sign up Deadline	11 th Babysitting Class Deadline
6 th P.A.D Registration Deadline	11 th Cooking Kit Sign up Deadline
10 th 2:00 Rock Painting w/ Pat Rodrigue	14 th 1:30 Homeschool Puppet practice
13 th Cooking kit Signup deadline	15 th 2:00 Babysitting Class
13 th Gardening Sign up Deadline	17 th Cooking Kit Pickup Day
14 th Shooting Sports Jr. State Championship, Charleston	18 th Sewing Workshop Sign up Deadline
17 th 2:00 Gardening	18 th -19 th Shooting Sports State Championship
19 th Cooking Kit Pickup Day	22 nd 2:00 Sewing Workshop
20 th 2:00 Modeling Sign up Deadline	24 th 4 ⁰⁰ 4-H Homeschool Puppet Show @ Coffeeville Public Library
23 rd Dairy Poster Office Deadline	25 th Summer Wind down Sign up Deadline
24 th 4-H North State Grilling Deadline	29 th 2:00 Summer Wind down Game & Movie Day
24 th 2:00 Modeling Class W/ Nicole Folsom.	30 th 2:00 Homeschool Puppet Show @ Yalobusha Nursing Home
27 th P.A.D in Boonville	
30 th 11:00 Homeschool Puppet practice	



To sign up or For more information contact the Yalobusha County MSU Extension Office at 662-675-2730





<https://extension.msstate.edu/blog/june-garden-checklist>

By Ms. Mary Michaela Parker MSU Extension Service

JUNE GARDEN CHECKLIST



One of my favorite things to do during summer is ride around town and look at all the flowers planted in front of businesses and homes. A lot of work goes into having a nice landscape, so give yourself a pat on the back. Don't let the heat deter you from continuing to maintain and grow your garden. Be sure to grab a bottle of water when heading outside in the Mississippi summer! Here are a few tasks to tackle during the month of June:

1. Plant warm-season grasses including Bermuda, centipede, zoysia, and St. Augustine. This can be done anytime during June, July, and August. **Extension Publication 1322**, "Establish and Manage Your Home Lawn," discusses how to maintain a healthy lawn and can be a useful resource. If you have any areas in your yard that are deeply shaded where grass won't grow, consider planting liriopse, ajuga, vinca, or pachysandra for ground cover.
2. Select daylilies in bloom for planting in your garden. Daylilies come in several shapes, colors, and sizes, so they're a great plant to incorporate into your landscape.
3. If you're in south Mississippi, plant tomatoes toward the end of June to ensure a fall harvest. Many cherry tomatoes do well in our Mississippi summers, and the Bella Rosa tomato variety is a good choice that tolerates our heat and humidity well. Want more information on growing tomatoes? Check out the tomato section of our website!
4. If you've planted tomatoes, cucumbers, or zucchini in your garden, start fertilizing them monthly with 5-10-10. What exactly is 5-10-10? It's a fertilizer that has 5 percent nitrogen, 10 percent phosphorous, and 10 percent potassium and is considered a complete fertilizer. For more information on fertilizing, our blog post on fertilizer is a helpful resource.
5. For those lucky enough to have a blackberry bush in their yard, pruning is an important step to keep them growing well over the years. Remove blackberry fruiting canes after the harvest to encourage side branching. And be sure to bake a blackberry pie afterwards to reward yourself for all your work! The Fruit and Nut Review on Blackberries is a great resource for blackberry growers to keep handy.

As you're out and about in your yard, remember to keep an eye out for pests and diseases. Also be sure to remove any faded flowers on your plants to keep your lawn and garden looking sharp!

The full garden calendar is available online for your convenience so you can stay on track with your gardening chores. If you have any questions as you prepare your garden or landscape this spring, our website is a great place to find answers. You can find helpful articles and videos in our lawn and garden section.

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9-Sewing for Service 1:30-4-H Homeschool	3 2:00 4-H Lego Engineering	4 9-Healthy You Exercise- Chair 10-4-H Grilling Workshop	5 10-Crochet	6 No Exercise Class 4-H P.A.D Registration Deadline	7
8	9	10 2:00 4-H Rock Painting	11 9-Healthy You Exercise- Chair 10- Create	12	13 9-Healthy You Exercise- Walk Cooking Kit Deadline	14
15 <i>Father's Day</i> 	16 9-Sewing for Service	17 9-MHV 2:00-4-H Gardening 6pm-Forestry	18 9-Healthy You Exercise- Chair	19 10-Crochet 6pm-FCS After 5 Cooking Kit Pick Up	20 9-Healthy You Exercise- Walk	21
22	23 9-5 Canning	24 2:00-4-H Modeling	25 9-Healthy You Exercise- Chair	26	27 9-Healthy You Exercise- Walk NE P.A.D	28 Noon Horse Show - Support 4-H Concessions
29	30 11:00 4-H Homeschool					

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