



As the fall season settles in and the year begins to wind down, we're excited to share all the great things happening with us in Lauderdale County! This time of year is always full of opportunities to learn, grow, and connect from harvest-season programs and holiday events to hands-on workshops and youth activities. We're grateful for the continued support of our community and look forward to finishing the year strong together. We hope you'll join us for the many opportunities ahead as we celebrate the season and look forward to a bright new program year with MSU Extension and 4-H.

Kathia McCaffie

Wendy Brown

Sia Thong



UPCOMING EVENTS

**October 1-31 Fishin' the Sip!
Fishing Tournament**

**October 20 Horse Club 5:30
pm**

October 21 Legos 4:30 pm

**November 6 Master
Gardeners 11:00 am**

**Nov. 29-Dec. 15 Tractor
Supply Paper Clover
Campaign**

**November 18 Forestry
Meeting 6:30 pm**

**December 2 Dixie National
Junior Round Up Deadline**

**December 4 Master
Gardeners 11:00 am**

Highlights from the County Poultry Show

Participants gathered to show off their beloved birds and pick up some handy tips for better poultry showing. From breed facts to feeding hacks, everyone left having learned something new. 4-H'ers left with not just ribbons, but a treasure trove of knowledge to boost their poultry pursuits.



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All Hands on Deck: 4-H'ers Set Sail with LEGO Ships

At our latest LEGO meeting, 4-H'ers designed, built, and tested their own LEGO ships. Participants of all ages crafted vessels ready to brave the "seas.". This meeting was all about camaraderie, creativity, and shared learning. A big thank you to all the 4-Hers and parents who made it a success!



2-Day Blockchain Coding Class

The recent 2-day blockchain coding class for young 4-H'ers was a hit. Using Scratch Jr., budding programmers learned coding basics through fun projects like a dance party and a race. The workshop sparked interest in technology and developed critical thinking, problem-solving, and creativity.



Lauderdale County FARMtastic 2025

September 16-18, Lauderdale County Extension hosted another successful FARMtastic! Thank you to our student volunteers from Meridian and West Lauderdale High, extension agents from surrounding counties, and the over 600 students who visited.



For more information about upcoming dates or events, please contact our office.



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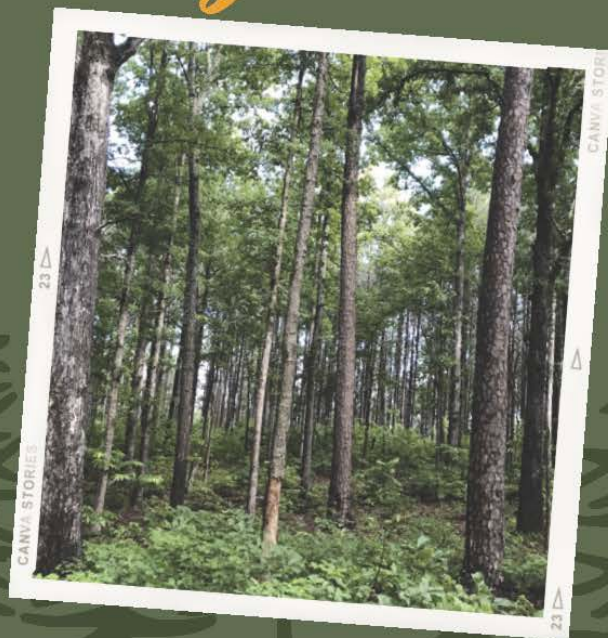
LAUDERDALE COUNTY FORESTRY ASSOCIATION

Annual Meeting

**NOVEMBER 18TH AT 6:30 P.M.
\$20 PER PERSON FOR ANNUAL
DUES + MEAL**

**RSVP TO (601) 482-9764 BY
NOVEMBER 7TH**

**GUEST SPEAKER FROM ENVIVA &
HUBER FOR MILL UPDATES!**



The forestry and forest products industries are a major component of Lauderdale County's economy. The forest-related economic sectors generate value not only within their own sectors but also in other sectors of the economy. The multiplier effect of economic activity in one sector and the impacts on other sectors can be estimated using input-output analysis. Using 2022 data, this study estimates the economic contribution of the forestry and forest products industries to Lauderdale County, Mississippi. Forest-related economic activity in Lauderdale County during 2022 generated 1,323 jobs and nearly \$73.6 million in income. That's about 3.05 percent of jobs and 3.14 percent of income in the county. Employment is the number of full- and part-time jobs in all sectors of the economy. Income includes all forms of employment income, including employee compensation (wages and benefits) and proprietor income, also referred to as labor income. Over \$305.1 million, or about 4.18 percent of economic output in Lauderdale County, is generated by the forestry and forest products industries. Forest-related value-added amounted to over \$121.92 million, or about 3.18 percent of all value-added in the county. The value of all goods and services produced is defined as total output. Value-added is a portion of total output and represents the creation of new wealth.

<https://extension.msstate.edu/publications/the-economic-contributions-forestry-and-forest-products-lauderdale-county>

Cooking for One or Two

Cooking for one or two can sometimes be tricky. Many recipes are designed for families or groups. What if you live alone or are empty nesters? We've got some tips for you to help you cook in small batches and be successful with it!

The number one key to success? Planning. Plan meals out before going to the grocery store. This saves money and helps you buy only the items you need. I've found that if I go into the store with a plan, I'm less likely to go off script and buy food I don't need.

When planning meals, consider these tips:

- Use [MyPlate](#) to help guide your meals. This will make planning easy and help you stick to creating meals that are nutritious.
- Is buying in bulk the smartest thing for you? It can reduce costs, but it may also lead to waste. Only buy items you know you can freeze. I buy my meat in bulk and repackage them into smaller servings.
- Consider buying single-serve items like cheese slices, tuna, yogurt, fruit, soups, and tortillas. These items are especially good to have handy on days you need a quick meal.
- Make "planned-overs." Some people love leftovers, others don't. I personally do! Get single-serving containers and portion out leftovers. This makes mealtime easy on busy weeknights! I also plan different meals from the same meat. If chicken is on sale at the grocery store, I will incorporate it into two different meals. You can also use vegetables that don't get eaten in casseroles or soup. Get creative!
- Speaking of leftovers, freeze food so it doesn't go to waste. This has been a game-changer for me. If I have leftover meats, casseroles, or soups, I will divide them into individual portions and place them in the freezer. They're easy to pull out when I don't feel like cooking or when I need a break from leftovers.

Got a recipe you want to make but don't want to end up with tons of leftovers? Use these conversions to cut the recipe in half:

- Half of 1/4 cup equals 2 tablespoons
- Half of 1/3 cup equals 2 tablespoons + 2 teaspoons
- Half of 1/2 cup equals 1/4 cup
- Half of 2/3 cup equals 1/3 cup
- Half of 1 tablespoon equals 1 1/2 teaspoons
- Half of 1 teaspoon equals 1/2 teaspoon
- Half of 1/2 teaspoon equals 1/4 teaspoon
- Half of 1/4 teaspoon equals 1/8 teaspoon
- Half of 1/8 teaspoon equals a dash



(Photo by Adobe Stock)

Cooking for one or two people can take time to figure out. View it as an opportunity to try new recipes and new cooking techniques! With smart planning and a dash of flexibility, your weekly meal preparations can be a tasty success!

Special thanks to our friends at [Illinois Extension](#), [Nebraska Extension](#), and [North Dakota State Extension](#) for the resources and tips!

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