



MISSISSIPPI STATE UNIVERSITY™
EXTENSION

Yalobusha Loop

YALOBUSHA COUNTY

AUGUST 2025



*Build Your Own
Charcuterie Board Workshop*

Thursday, August 21 6 p.m.
\$30 per person
Yalobusha County Extension Office

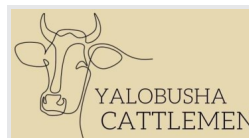
Class Details: Get ready for tailgating season. Learn to make the perfect charcuterie board, build your own board, which you can take home, enjoy complementary dessert board and beverages.

Gather your friends and join us for our August FCS After 5!

Must register and pay fee by Friday, August 15th

Scan QR code to pay and register online or visit the office to register with your check or money order. (no cash or card)

FAMILY, HEALTH, & WELLNESS



The Yalobusha Cattlemen's Association will meet at 6:30, on **Tuesday**,

August 12, at the Multipurpose Building. Kyle Wilson from Glenwild Livestock will return with continued information on marketing cattle.

Please call the Extension office at 662-675-2730, by noon Friday, August 8, if you plan on attending.

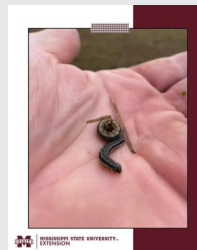
Fall armyworms impact three major commodity areas:

- ➡ hayfields, forage, and pastures
- ➡ sports fields and commercial turf
- ➡ home lawns

Hay fields are not all they damage. Fall armyworms like bermudagrass wherever they can find it and will also damage turfgrass in home lawns, sports fields, golf courses, commercial landscapes and elsewhere. Although they prefer bermudagrass, they will also attack other grasses, such as Bahia grass hayfields, early planted wheat, and winter forage grasses, and even other turfgrasses, especially in heavy outbreak years.

How can you keep fall armyworms from causing heavy damage to your hayfield or turfgrass this year? Be ready for them!

Check your hayfields or bermudagrass lawns and turf regularly and be prepared to treat promptly once you detect an infestation.



SERVSAFE® CERTIFICATION COURSE

October 9, 2025

**Deadline to Register
September 12, 2025**

ONE DAY TRAINING

COST

CALL FOR INFORMATION

662-675-2730

[HTTPS://WWW.FSNHP.MSSTATE.EDU/WORKSHOPS/SERVSAFE/REGISTRATION.PHP](https://www.fsnhp.msstate.edu/workshops/servsafe/registration.php)

IF YOU HAVE A 7TH EDITION BOOK WITH 2022 FDA FOOD CODE UPDATE

\$110.00

IF A 7TH EDITION BOOK IS NEEDED

\$150.00 All Books mailed, no books in the office.

SERVSAFE ONLINE EXAM SEPTEMBER 25, 2025

Two Time Slots Available: 10am and 2pm

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>)

SAVE the DATE

September FCS After 5 – Painting with Mindy and Annisa from **Coddwomple Designs** – Tuesday, September 23rd – Cost is \$35. Designs will be released later in August.

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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.



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.

MHV NEWS

United Y.C. MHV Club

Meeting: August 19, 2025

9 a.m. @ Extension office



New members welcome!

MHV Fall Area meeting – September 16th here in Yalobusha County

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.

August Create MHV Meeting



Date: Wednesday, August 13

Time: 10 a.m. until noon

Location: Yalobusha County Extension
Office

Program Leader: Georgia Wilkerson

Program: Pinecone flowers

Cost: All supplies provided for \$6.00.

Payment made to Georgia Wilkerson

Please call by Monday, August 11th to reserve your spot



The Crochet
Group will

meet at the Extension Office
this month from 10 a.m. un-
til 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.



Aug Dates:
Thursday, 7
Thursday, 21



The Sewing for Service Group will
meet at 9 a.m. until noon on **Mon-**
day, August 4th and 18th at the

Yalobusha County Extension Service located
inside the Multi-Purpose Building in Coffee-
ville. 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.

Keeping the Kitchen Cool This Summer: Appliances to the Rescue

When the summer heat rolls in, everyone wants a cooler kitchen. Rethinking your cooking methods can make a world of difference. The good news is, you don't have to sacrifice delicious meals. A range of modern kitchen appliances is an excellent alternative to firing up your traditional oven or stovetop, helping to keep your kitchen significantly cooler and cleaner. Some, like the InstaPot, cook quicker with no attended cooking time needed. Bonus!

Here are some top contenders that minimize heat output:

- **Instant Pot (Multi-Cooker):** This versatile appliance is a champion of cool cooking. As a pressure cooker, it cooks food rapidly and efficiently, trapping most of the heat and steam inside. Whether you're making soups, stews, rice, or even yogurt, the Instant Pot keeps kitchen temperatures down while delivering tender, flavorful results. One tip: rice and grains should be cooked with half the water required for the stove because the water does not evaporate while cooking in this appliance. One cup of rice to 1 cup of water is best. Consider the wide InstaPot, one of their newest options, which cooks more evenly. We can cook brown rice in 30 minutes instead of 45 minutes. Most items cook in at least a third of the time unattended.
 - **Toaster Oven:** Far more than just toasting bread, a modern toaster oven can handle a surprising array of tasks – from baking small batches of cookies and roasting vegetables to reheating leftovers or toasting sandwiches. Its compact size means it heats up quickly and uses significantly less energy than a full-sized oven, thus radiating less heat into your kitchen and saving on electricity costs.
 - **Air Fryer:** For that satisfying crispy texture without deep-frying, the air fryer is your go-to. It's essentially a small convection oven that circulates hot air rapidly. Because it's enclosed and efficient, it produces much less ambient heat than a conventional oven, making it perfect for "frying" fish, chicken, vegetables, and oven-fried potatoes, without warming up your entire home.
 - **Panini Grill:** This countertop hero is perfect for quick meals. Beyond classic panini sandwiches, you can grill chicken breasts, fish fillets, vegetables, or even make quesadillas. Its direct contact heating means food cooks quickly and efficiently, with minimal heat escaping into the room.
 - **Hot Pot:** While designed for communal cooking, a hot pot setup (an electric burner with a pot) also keeps your kitchen cooler than a stovetop. The heat is concentrated directly under the pot, and the steam is usually localized around the table. It's a fantastic way to enjoy a fresh, customizable meal without a hot, steamy kitchen, as the cooking is done at the table.
- By strategically incorporating these smaller, more efficient appliances into your cooking routine, you can enjoy delicious, home-cooked meals year-round, all while maintaining a comfortable and cool kitchen environment.
- If you shop around, you can save money by buying these items on sale or as used/refurbished. Garage sales and Facebook Marketplace often feature options that are like new because they were never used.

Article source: <https://www.foodandhealth.com/blog/keeping-the-kitchen-cool-this-summer-appliances-to-the-rescue>



4-H News

4-H Cooking Kits for August

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, August 15

Pickup Date: Thursday, August 21

Picture & Evaluation Due to Mrs. Pamela by Friday, August 29th

For More Information: Call 662.675.2730

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.



4-H Homeschool Club Meeting:

If you are a homeschool family, we would love to have you join us.

August Meeting Dates: Monday, August 4th and 18th

Time: 1:30 p.m.

Location: Yalobusha County Extension Office



August 2025

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|------------------------------|-------------------------------------|---|---|---|
| | | | | | 1 9-Exercise-Walk | 2 |
| 3 | 4 9-Sewing For Service 1:30 Homeschool | 5 | 6 9-Exercise-Chair | 7 10-Crochet | 8 9-Exercise-Walk | 9 Horse Show Support 4-H Concessions |
| 10 | 11 5:30pm 4-H Overall Advisory | 12 6:30pm- Cattlemen's | 13 9-Exercise-Chair 10-Create | 14 | 15 9-Exercise-Walk Cooking Kit Dead- line | 16 |
| 17 | 18 9-Sewing For Service 1:30 Homeschool | 19 9-MHV | 20 9-Exercise-Chair | 21 10-Crochet 6pm-FCS After 5 Cooking Kit Pickup | 22 9-Exercise-Walk | 23 |
| 24 | 25 | 26 7:30-ServSafe | 27 9-Exercise-Chair | 28 | 29 9-Exercise-Walk | 30 |
| 31 | | | | | | |

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