

6 September 2018

**For Immediate Release**

The University of Kentucky Robinson Center for Appalachian Resource Sustainability (UK-RCARS) is proud to provide the following information on the 2018 UK-RCARS MountainFest Field Day\*. MountainFest Field Day will be held on Saturday 22 September. Registration opens at 9:00 A.M. with tours, workshops, and other events beginning at 10:00 until 2:00 PM. A light lunch will be provided. Activities have been planned that will be educational and fun for the whole family. The entire event is totally free of and charges and open to the general public. A list of *planned* events/activities includes (this list is not all-inclusive):

- Plate it up! Demonstrations by extension Family and Consumer Sciences professionals providing recipes and samples for healthy eating.
- Vendor booths including crafts and food (e.g., quilts, honey, signage, jewelry, and more!)
- Live, onsite demonstrations including:
  - Discussion/performance of traditional Kentucky mountain music (Ron Pen).
  - Wood-turning with traditional equipment.
  - Sorghum pressing for syrup production.
  - Dressing/skinning animals for pelts.
  - Field cultivation by traditional methods (mule and moldboard plow).
- Agricultural tour including information on:
  - Industrial hemp research
  - Tree ID nursery
  - Row crop research
  - Forage crop research
- Horticultural tour including information on:
  - High-tunnel production
  - Cucurbit/melon production
  - Disease sentinel plots
  - Hops production
  - Beekeeping
- Rotating workshops including:
  - History of Quicksand (Stephen Bowling).
  - Fine arts painting workshop: one each for kids and adults.
  - Woodworking workshop (build your own bird feeder!).

Come one, come all! As you can see, we have something for everyone, and way too much for any one person to see in just one day. Lastly, at the end of the event, we will have our inaugural **Punkin' Chunkin'** demonstration in hopes of inciting a regional competition for future field days.

\*MountainFest Field Day involves UK extension personnel from all across eastern Kentucky. The RCARS staff is deeply appreciative of and grateful for the efforts of UK extension staff and administration to make MountainFest Field Day a great day for everyone!

