

Extension Edition

Cooperative Extension Service

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<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter October 2023



The thankful
receiver bears a
plentiful harvest.



William Blake

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Darian Creech
Darian Creech
Wolfe CEA FCS-4H

Jessica Morris
Jessica Morris
Wolfe CEA Agriculture &
Natural Resources- 4-H



Wolfe County Extension Office

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

UPDATES

This month's 4-H activities with agents Jessica Morris and Darian Creech included learning about the Fall Harvest, how to safely prepare foods, and hands on learning making apple hand pies for the 3 Elementary schools. The agents and Kentucky State University brought the cow "Bessie" to Kindergarten classes at all the schools as well.



**For Paid Members of the Homemakers
Quicksand Area Annual Homemakers
Meeting- October 12**
**Registration begins at 10:30 AM, the
meeting starts at 11:00 AM**
**At Lee Co Extension Office
259 Industrial Park R D
Beattyville KY 41311**
**Pre-register at your local extension
office by Oct. 3. There is a \$15.00 Fee**



Our pumpkin painting party registrations filled quickly. Due to the enthusiastic response, we are planning a Christmas Painting on wood project as well coming up in November .





KENTUCKY  **KENTUCKY STATE UNIVERSITY**
COOPERATIVE EXTENSION

HOW CAN WE
serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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Contact your local Extension Office for a paper copy of the survey.



FAMILY RESOURCE/YOUTH SERVICE CENTER/4-H
 CELEBRATE RED RIBBON WEEK

MONSTER MASH & **ZOMBIE WALK**

10.26.23 | 6:30PM
 WALK BEGINS | 7:00PM

- COSTUMES ARE ENCOURAGED -

Gardening Tips

An excerpt from Home Vegetable Gardening in Kentucky ID-128 <http://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf>

Cover Crops Protect Garden Plots The garden plot—that area of tilled ground which offers an abundance of high quality vegetables—is commonly used for only six to seven months in Kentucky. What normally happens to the garden in the off season can be wasteful and destructive. Wind and water may carry away the enriched topsoil. Rains will move minerals down through the soil, leaching them away from the root zone of vegetables. Compaction of soil occurs because of raindrops' impact or footsteps on the bare ground, as well as from loss of granular structure due to tillage and crop production practices. Weeds become established, leaving their seeds or perennial roots to plague the garden in future growing seasons. Some insects and diseases of vegetables overwinter on weeds and are right there on site to infect the next crop.

These problems can be reduced or eliminated with a cover crop to maintain and rejuvenate the garden soil. The benefits of cover crops are reaped in future vegetable harvests. Traditional cover crops are ryegrass, winter rye, winter wheat, oats, white clover, sweet clover, Austrian winter/field peas, hairy vetch, other legumes and buckwheat.

Cover crops can do even more than retain the soil, prevent mineral leaching, reduce compaction and competitively shade out weeds. A lush top growth, termed “green manure,” will add organic matter when tilled into the garden soil. But the cover crop's root system is much more valuable than top growth to the soil quality, offering both organic matter and structural granulation as its roots grow through the soil. The roots improve garden soil's aeration and drainage while the tops intercept light energy at times when the garden would not be planted.

Success in growing cover crops requires proper crop selection, correct timing and good management techniques. Grasses are much easier to establish than legumes, however including a legume in your cover crop mix has many benefits. Legume cover crops have a symbiotic relationship with certain soil microorganisms that allow for nitrogen to be fixed directly from the atmosphere. Nitrogen accumulations by leguminous cover crops range from 40 to 200 lbs. of nitrogen per acre which becomes gradually available throughout the growing season after the cover crop is incorporated. Oats mixed with Austrian winter/field peas and winter rye mixed with hairy vetch have both proven to be excellent cover crop mixes in Kentucky.

Small seeded crops are slow and more difficult than large seeded types such as oats. Winter rye and ryegrass grow very densely and are much more effective at shading out weeds than oats or small seeded legumes. Availability of seed and its cost are other important considerations.

When you plant the cover crop will dictate which crops you can use. **By October**, only rye and winter wheat can be successfully started. If land is available in August, your choice broadens to ryegrass, oats and clover. Covers such as annual ryegrass, oats and buckwheat that do not overwinter are easiest to work with the next spring.

Perennial ryegrass and winter rye can give you problems in the spring. They produce a massive amount of top growth and will tangle in a rototiller. Before leaves grow too large, cut them back once with a mower, string trimmer or scythe. Perennial ryegrass makes a tight mass of fibrous roots which can be hard to manage.

Whatever cover crop you use, when the time comes to plant your garden you must remove the cover. You can completely avoid tilling by mowing the plot, broadcasting fertilizer and covering it with black plastic. The absence of light will kill the cover crop within two weeks, and transplants or large seeded vegetable crops can be planted directly through the plastic. This no till technique maintains excellent soil conditions, controls weeds and usually gives high yields.

For Kentucky's conditions, consider ryegrass as the best garden cover crop. It is a vigorous grower with an extensive root system occupying the same root zone as the vegetables will. Winter rye is an excellent second choice and best for late planting. It is a biennial, and mowing will stop its growth in spring.

For more information on gardening, contact your county extension agent or consult the UK Cooperative Extension publication “Growing Vegetables in Kentucky (ID 128)”

Growing Your Own Garden Calendar, University of Kentucky Cooperative

Extension Service-College of Agriculture, Food and Environment

https://www.planeatmove.com/wp-content/uploads/2020/05/NEP_GARDEN_calendar_agentsprintable2020_2.pdf

work supported by Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture, partially funded by USDA Supplemental Nutrition Assistance Program

Most late season crops will be finishing up in October. As crops are harvested, remove the leftover plants and add to the compost pile or dispose of them. Continue to think about planting a cover crop, though it will be less helpful the longer you wait to sow. If you planted turnips last month, they will continue to grow. Harvest them as the roots get to a size for eating or leave some in the garden. They will continue to grow into the winter and can be harvested anytime.



Week 1 Harvest winter squash; turn compost

Week 2 Check on beets, carrots, and turnips to see if they are ready to harvest; store any unused seeds in airtight, sealed containers

Week 3 Spread mulch on winter vegetables; bring container plants indoors

Week 4 Write in your garden journal

Growing Your Own Beginner Gardening Guide Glossary:

- Cole crop plants—Cole crop plants—vegetables in the genus Brassica, such as cauliflower, broccoli, kale, and mustards.
- Compost—organic material that has been well decomposed by organisms under conditions of good aeration and high temperatures often added to the soil to improve plant growth.
- Container garden—a form of gardening where plants are grown in containers rather than directly in the ground.
- Cover crop—a crop grown to protect the soil from erosion during the time of year when it would normally be bare, or a crop grown for building up or maintaining soil health; not a crop grown to eat or sell.
- Crop rotation—planting a different species of plant in an area of the garden each year to prevent buildup of diseases or insects associated with particular crops.
- Direct seeding—putting a seed in the soil where it will stay and grow into a mature plant.

Contributions by: Authors: Rachel Rudolph, Extension Vegetable Specialist Rick Durham, Extension Consumer Horticulture Specialist Cooperative Extension Service University of Kentucky, College of Agriculture Calendar design: Kelli Thompson, Calendar project coordinators: Jann Knappage, Food System Specialist Katie Shultz, Marketing & Media Specialist

MASTER GRAZER



Grazing Small Grains <http://grazer.ca.uky.edu/content/grazing-small-grains>

Small cereal grains, such as wheat, rye, oats, and barley, are multipurpose crops that can be used for grazing, silage, or hay production. Grazing pure stands of small grains is an effective way to extend the grazing season into the late fall and early winter, and then again in February/March for early spring grazing. Small grains are commonly planted in Kentucky as part of the crop rotation with corn and soybeans. They also serve as a cover crop to reduce soil erosion and utilize previous nitrogen applications.

For grazing, small grains are typically planted in the early fall. They should be seeded at a depth of one to two inches. Refer to the table above for specific seeding rates. Small grains are typically higher in digestible energy and protein than other forages, specifically tall fescue. Forage quality in small grains drops markedly with maturity, so it's important to graze while in the vegetative stage of maturity.

Rotational grazing is recommended to keep small grains in a vegetative state and allow a rest period for regrowth. Grazing can begin when forage is well established at a forage height of six to eight inches. Animals should be removed when forage height reaches three to four inches. Once regrowth reaches six to eight inches, the forage can be grazed again.

Wheat

Wheat is one of the most versatile small grains. It is well adapted to most soils in Kentucky and is commonly used in rotation with corn or soybeans. Wheat can be sown later in the fall (**early to mid October**) as it is more winter hardy than barley. It is advised not to plant too early in the fall due to susceptibility of the Hessian fly if a subsequent grain crop is desired. The Hessian fly emerges in the early fall and lays their eggs on wheat, causing damage to the stand and affecting yield and quality. Seeding later in the season after the Hessian fly has laid their eggs can help to avoid this and prevent damage to the stand. It is recommended to seed between October 6 and October 15 to avoid the Hessian fly. There are some new winter wheat varieties with Hessian fly resistance that can be sown as early as late August, however Hessian fly resistance is dependent on the type of Hessian fly present, so there still may be some risk when planting early in the season.

Management practices for planting differ depending on intended use. For example, you can graze small grains and then harvest for grain, or you can simply graze with no harvest. If a grain crop is desired, typically 30 lbs of nitrogen per acre is recommended for proper establishment. When the forage is to be grazed, an additional 30 lbs of nitrogen should be applied at seeding. Also, if planning on harvesting wheat after grazing, animals need to be removed before the jointing stage, or stem elongation. This stage usually occurs in late February when the head of the plant moves up from below the ground and into the plant. If the head is bitten off, there will be no seed head to emerge and the main stem will die. As a result, new tillers will emerge at the base of the plant to compensate for the loss.

Barley, Rye, and Oats

Barley should be seeded in the early fall (mid September to **early October**). Barley must be well established before winter as it is not as winter hardy as the other small grains. From a forage perspective, it produces lower yields, but is higher in quality with greater digestibility than the other species. **Rye** is the most winter hardy of all the small grains. Its' rapid growth makes it one of the most productive small grains. However, due to its' early maturing nature, it must be closely monitored to ensure it is in the vegetative stage or the boot stage for grazing or harvesting as stored forage, respectively. **Winter oats** is similar to barley in that it should be seeded in the early fall to allow time for establishment before winter. Oats generally produce more tonnage in the fall compared to wheat, making them a good option for fall and early winter grazing. Oats are less winter hardy than the other small grains. Oats are at a higher risk for being killed off during the winter and less likely to be available for early spring grazing, especially with Kentucky's freeze and thaw patterns. Keep in mind that each species and varieties are adapted to different soil types and should be considered when choosing a species and variety.

For more information on grazing small grains, refer to [AGR-160 Managing Small Grains for Livestock Forage](#).



TRUNK OR TREAT CAR CRUISE-IN

LOOK AT CARS | KIDS PLAY GAMES | TRUNK OR TREAT

WOLFE COUNTY EXTENSION OFFICE

FRIDAY OCT 27, 2023

6:00PM - 7:30PM




CONTACT

606-668-3712

October 2023

Sun	Mon	Tue	Wed
		Adult Education meets in the project room each Tuesday	
1	2	3	4
8	9 Homemakers-Brunch and Learn at 10:00 register	10	11
15	16 District Board Meeting	17 Commodities for pre-approved Wolfe Countians over age 60	18
22	23	24 Mountain Cattlemen's Fall meeting 5:30 PM register	25
29	30	31 Local businesses & Volunteers – Trick or Treat starting at 6:00	

**All classes are held at the Wolfe County Cooperative
Extension Service Office unless otherwise noted**

Thu	Fri	Sat
5 Diabetes Class register with Wolfe Co Health Dept. at 668-3185 Safety Field Day at 5:30 PM at RCARS in Breathitt Co	6	7
12 Quicksand Area Homemakers meeting at Lee Co Extension at 11:00 AM Sit & Sew 2 PM	13	14
19 Sit & Sew 2 PM	20	21
26 Monster Mash 6:30 PM Zombie Walk 7:00 PM	27 Trunk or Treat Cruise In 6:00 - 7:30 PM	28 

MOUNTAIN CATTLEMEN'S *Fall Meeting*

**TUESDAY OCTOBER 24, 2023 | 5:30PM
WOLFE COUNTY EXTENSION OFFICE**



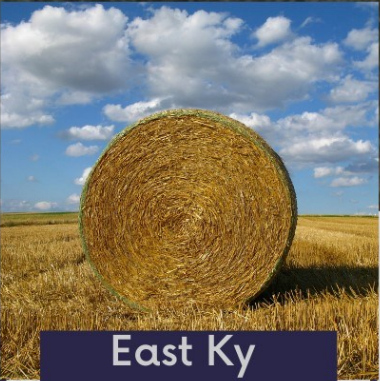
**Business
Spotlight**

The Holbrook Family will be sharing the exciting things they have going on at the dealership while showcasing some new products!



**Market
Update**

Dr. Kenny Burdine, UK Livestock Marketing Specialist will be sharing a cattle market update.



**East Ky
Hay Contest**

Results and information from the East Kentucky Hay Contest will be shared and distributed this evening!

REGISTER
BY CALLING YOUR LOCAL COUNTY OFFICE
MEAL WILL BE PROVIDED

CONTACT US

20 N Washington Street
Campton, KY 41301

(606) 668 - 3712
jessica.morris@uky.edu

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Agriculture and Natural Resources
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Community and Economic Development

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job club
KENTUCKY

2nd and 4th Tuesday
9:00-10:15am EST

2023 Schedule

September 12, 2023: Creating a Powerful Personal Brand

Presented by Gretchen Bright, Manager, Marketing Communications & Engagement, Big Ass Fans

September 26, 2023: Taking a New Path

Presented by Candina Janicki, Career Development Manager, Murphy & Associates

October 10, 2023: Show Up and Show Out - Interviewing and Job Search in 2023

Presented by Arthur Hughes, Executive Client Partner, Heller DeLand Group

October 24, 2023: Job Search Best Practices: Essentials for Finding the Right Fit

Presented by Stacy Miller, Director of Extension UK Human Resources

November 14, 2023: Positive Employability

Presented by Diana Doggett, MS, Family and Consumer Sciences Extension Specialist, UK

November 28, 2023: The Cure for Imposter Syndrome

Presented by Kristin LaFontaine, Co-Founder, Owner, LaFontaine Preparatory School

December 12, 2023: Applying for State Government: Insights into the Job Application Process

Presented by Rebekah Singleton, KY State Government, Applicant, Veterans, and Recruitment Assistance - Administrative Branch Mgr.

The University of Kentucky (UK) Cooperative Extension Service, the UK Alumni Association and UK Human Resources STEPS Temporary Employment are pleased to announce the Job Club schedule.

The purpose of Job Club is to provide a positive environment for job seekers to meet, connect, share, and learn. Job Club is for you if you are motivated and currently out of work, underemployed or looking to make a career transition. The free group is open to the public and meets the second and fourth Tuesday of each month, from 9:00-10:15 a.m.

We welcome extension office partners across the state as we continue to expand the footprint of Job Club. Participants may attend online via zoom or at any of the small group locations following the schedule below. In addition, recruiters and employers are always welcome and may have a one-minute spotlight to share active job leads with Job Club attendees.

In-Person

Fayette County
Extension Office
1140 Harry Sykes Way
Lexington, KY

Online

Zoom attendee registration:
<https://bit.ly/JOBCLUBKY>

Facebook Live:
facebook.com/FayetteCoFCS/

View past Job Club meetings:
<https://bit.ly/JobClubRecordings>



**This month's Family & Consumer Science
Area Project: With Breathitt County FCS Agent Stacy Trent**



UK Cooperative
Extension Service

Join us for this month's Family & Consumer Science Area 5 Brunch & Learn

Get Healthy with

Pickleball



Monday, October 9
10:00 AM

Call the Wolfe County Extension Office at **(606) 668-3712** to register!

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



FARM & HOME

SAFETY FIELD DAY

OCTOBER 5, 2023

5:30 PM

**Robinson Center for
Appalachian Resource Sustainability
130 Robinson Rd, Jackson, KY 41339**



DINNER | DOOR PRIZES | FREE!

**BROUGHT TO YOU BY: BREATHITT & WOLFE COUNTY EXTENSION
& BREATHITT & WOLFE COUNTY FARM BUREAU**

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Disabilities
accommodated
with prior notification.



SIT AND Sew



BRING YOUR OWN PROJECTS TO COMPLETE

October 12th and 19TH

2 PM to 5 PM

Join Master Clothing
Volunteers, Rita
Rogers & Carole
Dunhuber to work on
your projects!

This month's dates changed due to training

WOLFE COUNTY EXTENSION OFFICE

FREE

More Information :

606-668-3712

OR

Contact MCV

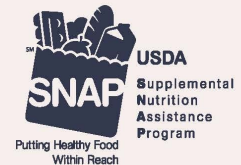
Rita Rogers or

Carole Dunhuner





Italian One Pot Pasta and Beans



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 tablespoon oil
- 1 medium yellow or white onion, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 2 minced garlic cloves, or 2 tablespoons garlic powder
- 1 tablespoon Italian seasoning
- 4 cups low-sodium vegetable broth or water
- 1 can (15 ounces) no-salt-added diced tomatoes
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 1/2 cups dry elbow macaroni or ditalini pasta
- 2 cans (15 ounces) white beans such as cannellini, undrained
- 1 teaspoon salt
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and scrub clean with vegetable brush.

3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
4. Add garlic and Italian seasoning and stir for 1 minute.
5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
7. Stir in beans and salt. Simmer another 5 minutes.
8. Ladle into bowls and top with parmesan cheese, if desired.
9. Store leftovers in the refrigerator within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.38
Cost per serving: \$0.53

This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

Nutrition facts per serving:

150 calories;
1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Cathy Fellows,
Boone County
SNAP-Ed Program
Assistant



Wolfe County
20 N Washington Street
PO Box 146
Campton, KY 41301-0146

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Baked Apples and Sweet Potatoes

5 medium sweet potatoes
4 medium apples

½ cup margarine
½ cup brown sugar
½ teaspoon salt

1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

1. Boil potatoes in 2 inches of water until almost tender.
2. Cool potatoes, peel and slice. **Peel**, core and slice apples.
3. Preheat the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
4. Layer potatoes on the bottom of the dish.

5. Add a layer of apple slices.
6. Sprinkle some sugar, salt, and tiny pieces of margarine over the apple layer.
7. Repeat layers of potatoes, apples, sugar, salt and margarine.
8. Sprinkle top with nutmeg.
9. Mix the hot water and

honey together.
10. Pour over top of casserole.
11. Bake for 30 minutes.
Yield: 6, 1 cup servings.
Nutrition Analysis: 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.
Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

