Martin-Gatton College of Agriculture, Food and Environment

Extension Edition

Cooperative Extension Service

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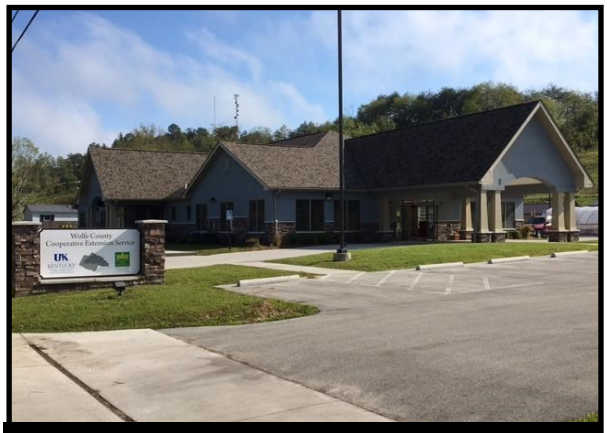
Wolfe County Cooperative Extension Newsletter September 2023

"Patience is necessary, and one cannot reap immediately where one has sown."
– Soren Kierkegaard

In This Issue:

Darian Creech
Darian Creech
Wolfe CEA FCS-4H

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



Wolfe County Extension Office

UPDATES

Some of our office August activities: Top photos show sunflowers from the pollinator garden, planted in the spring by 2nd graders; & Countdown to Kindergarten. Middle photo is from Kayaking Day, & remaining scenes on this page are from the Parking Lot Party. Top next page are activities from "A Day at the Farmers' Market.


ORIGINAL


Healthy
Living with
Diabetes


How can we
serve you,
Kentucky?
Take a ten-minute survey
to help us develop programs
addressing needs in
your community.
go.uky.edu/serveKY
KENTUCKY
COOPERATIVE EXTENSION
Martin-Gatton

Gardening Tips

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

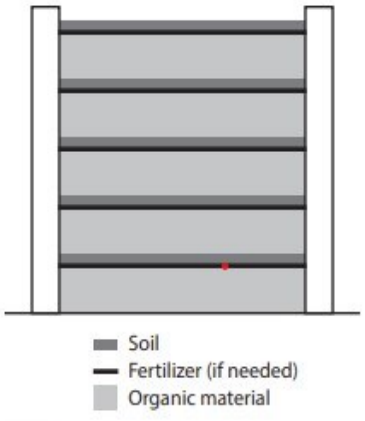


Figure 15. Layers for a compost pile.

Compost is easy to make; all you need is raw organic matter and a little bit of time. This microbial process will take care of itself. Microbes are ubiquitous in the environment and will feed on the organic materials over time provided they are warm enough to grow and reproduce. Leaves, grass clippings, weeds, garden re- fuse, and manure are excellent organic materials to feed the microbes. Special additives don't help, though nitrogen fertilizer may speed up composting. The finer the material being composted, the faster the decomposition and maturation of the compost. It is best keep limbs and other large woody materials out of the compost bin unless you use a chipper/ shredder.

Compost can be started anytime. Choose an area convenient to the gar- den so that garden residue and kitchen parings can be easily added. The best location is a shady spot; however, do not build directly under a tree, because the tree's roots may grow into the pile. Make two or three open ended bins or boxes to hold the compost. To maintain appropriately warm temperatures, compost piles need to be 3 square feet in size. You can build the boxes of wire fencing supported by posts, or they may be constructed of boards or masonry material. They can be made attractive enough to be part of the landscape or you can hide them among landscaping.

An appropriately-sized pile of organic material will mature to compost in time, but it is quicker to alternate layers of raw organic material, a small amount of N fertilizer or a high N-containing green waste (e.g. grass clippings) and a small amount of top soil (which contains an abundance of microbes, see Figure 15). Start with organic matter—6 inches deep if the material is fairly solid, or 12 inch- es deep if it is loose. If the material is dry, add a small amount of water. The material consistency should feel like a damp, wrung-out sponge. Next, add either an organic or small handful of synthetic fertilizer (e.g. 34-0-0).

After you fertilize, add a small handful of soil. The soil introduces microorganisms which decompose organic mat- ter. Commercial microbial preparations which claim to enhance composting are unnecessary. Continue to alternate layers of organic matter, fertilizer and soil until the pile is 3 to 4 feet high, but slightly lower in the center for easy watering. Complete the pile with a layer of soil on the top.

Keep your compost moist but not soggy. With moisture and a layer of soil on the top, there should be no offensive odors. Turn or mix your compost pile several times during the year. A second bin and a shredder come in handy for this purpose. After mixing your pile into the second bin, you can start a new compost pile in the first one. If you start your compost in **the fall** and turn it several times, it should be ready for use about June 1.

Note—Fresh animal manures some- times contain organisms that can make people sick (pathogens), such as the bacteria Salmonella sp. and E. coli O157:H7, or the parasite Cryptosporidium parvum. These pathogens can be present in soil that adheres to roots or low-growing leaves and fruits. The risk is minimized if no fresh manure is used in the garden.

Careful peeling or washing fruits and vegetables with detergent removes most pathogens, but some risk remains. Thorough cooking effectively kills pathogens.

The greatest risk from manure borne pathogens is for low-growing or underground crops such as carrots, lettuce, and strawberries. The edible part of these crops may become contaminated with soil, the crops are difficult to wash, and they often are eaten raw.

Pathogens in fresh manure typically die over time, especially when the manure dries out or is exposed to freezing and thawing. The rate of die-off depends on the type of pathogen and manure and on environmental conditions such as temperature, moisture, and sunlight. Thorough, high-temperature com- posting kills pathogens, but it is difficult to maintain these conditions in a back yard compost pile. If any manure is used in the garden (even in compost) the gardener should wait at least 120 days between application to the garden and harvest. You can limit your risk by excluding fresh manure from compost that will be used on fresh garden crops.

Keep dog, cat, and pig manure out of your compost pile and garden. Some of the parasites found in these manures may survive a long time in compost or in the soil, and remain infectious for people. Beware that some critters enjoy raiding compost bins, such as opossums, raccoons, dogs and cats, and they may defecate in your compost pile, increasing the risk of pathogens in your compost pile.

Cleaning up the garden: When a crop has finished growing, remove the plants from the garden and throw them away or bury them. This will help get rid of any insects or diseases that have survived on the plants. If you leave plants in the garden over the winter, they might spread pests or diseases to the next year's plantings. Many insects and diseases spend the winter months on dead crops. Removing crops when they are finished will also speed up your work to get the garden ready in the spring.

You may want to work some fresh manure into your soil in the fall after the garden is finished. Using fresh manure in the spring can introduce weed seed or plant pathogens into your soil, but applying it in the fall gives it time to break down before your next spring planting. And your garden will be easier to work in the spring.

For more information on home gardening, contact your county extension agent or consult the UK Cooperative Extension publication Growing Vegetables at Home 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

Quick growing crops are what you should plan for with your September plantings. Crops like radishes, spinach and lettuce mature very quickly and also hold up against light frost so they can be planted with a good chance of maturing. Turnips may be planted in early September in areas where other crops have matured and will provide roots and greens for much of the fall and early winter. Mustard greens may be inserted among the turnips. A container garden planted with radishes is a great activity for children. The seeds germinate in a few days and the radishes begin to form in a little over a week. Just right for children who may lose interest in slower maturing crops.

In the absence of vegetable crops in September, consider planting a cover crop such as ryegrass, winter rye, or winter wheat. These plants grow during the fall and winter and capture nutrients from the soil. They are tilled under in spring several weeks before planting the garden, and slowly release nutrients to the soil during the growing season. Cover crops are always a good option when your garden is bare for a few months.

Recommended September Gardening Activities:

- Begin direct seedings of beets, carrots, spinach and turnips; check to see if sweet potatoes are ready to harvest; turn compost
- Remove any dead or dying tomato and pepper plants; weed the garden
- Cut herbs and hang to dry for use as spices later on

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 Shoultz, Marketing & Media Specialist

Master Grazer

An educational program to improve grazing practices

Fall Reminders **https://grazer.ca.uky.edu/content/fall-reminders**

Before a Frost

- Cool-season grasses, such as Tall Fescue and Orchard grass, are starting to regrow with the cooler fall temperatures. These grasses should be utilized, but not over grazed in the ground (leave 3–4" residue height after grazing). Evaluate pastures for clover content and assess the risk for bloat as fall regrowth occurs (when pastures are >65% clover). Continue to supply shade and plenty of cool water to reduce heat stress in herds while temperatures are s above 70 °F during the middle of the day.
- Winter annuals can be planted as a cover crop used for grazing, hay, or silage as well. Some of the more popular winter annuals are ryegrass, wheat, kale, turnips, winter and spring oats, and triticale. These are usually seeded during late August through mid-September.

After a Non-Killing Frost (when temperatures are between 28 °F and 32 °F)

- Do not graze summer annuals, such as sorghum sudan grass or pastures with high populations of johnsongrass, for 2 weeks after a non-killing frost to reduce the threat of cyanide (prussic acid) poisoning. For more information on cyanide poisoning refer the UK publication ID-220 Cyanide Poisoning in Ruminants.

After a Killing Frost (when temperatures are below 28 °F)

- Do not graze or cut alfalfa after September 15 to allow adequate time for plants to replenish root reserves. Animals can be turned back into an alfalfa stand for grazing after a killing frost.
- Cool-season grasses will not grow much until the next spring after a killing frost, so during this time either use that forage by grazing it down short, or lose it.
- Do not graze summer annuals, such as sorghum-sudan grass or pastures with high populations of johnson grass after a killing frost until the plant material is completely dry (toxins usually dissipate in 72 hours).
- Continue to restrict access on tall fescue pastures that are being stockpiled. Cattle can be turned into the stockpiled pasture after November 1 after other pastures have been grazed. For best results use the strip grazing method where temporary fence is used to provide a small portion of the pasture at a time. Ideally each strip should supply the herd enough forage for 2–3 days before being moved. Stockpiled fescue usually yields 1–1.5 tons/ac. which will carry a cow for 50–75 days.

General Reminders

- To reduce soil erosion and damage to forages remove animals from wet pastures. Consider utilizing a sacrifice paddock during wet periods.
- Before pastures have been depleted and stored hay is fed, take forage samples to ensure quality meets the nutritional needs of the animals and supplement as needed.
- Follow up on soil test recommendations and apply phosphate, potash, and lime as needed.

Categories: *Fall Seasonal Reminders*

COOPERATIVE EXTENSION

University of Kentucky

KENTUCKY STATE UNIVERSITY

09.20.2023

OVARIAN CANCER SCREENING

YOU'RE INVITED TO A

Free Ride and Appointment

CALL THE WOLFE COUNTY EXTENSION OFFICE TO RESERVE YOUR SEAT!

UK Markey Cancer Center

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

LEXINGTON, KY 40546

Disabilities accommodated with prior notification

Thursday, September 21
C. Oran Little Research Center
1051 Midway Rd. Versailles, KY

Registration opens at 1:30 PM
Program begins at 2:00 PM
Tickets are $15 and include meal.

Register by searching
***Beef Bash 2023* at Eventbrite.com**

VISIT WITH:
- Commercial Exhibitors
- Research Demonstrations
- Educational Exhibits
- KY Ag Leaders
- UK Personnel & Admin
- KCA Leadership & Staff

Tyler Purvis, UK Beef Extension
tapu228@uky.edu (859) 257-7512

Martin-Gatton College of Agriculture, Food and Environment

KENTUCKY CATTLEMEN'S ASSOCIATION

September 2023

Sun	Mon	Tue	Wed
		Adult Ed meets in our project room on Tuesdays	
3	4 Labor Day—Office Closed	5	6
10	11	12	13
17	18 District Board meeting	19 Commodities– for over 60 approved applicants	20 Ovarian Cancer Screening – registration required
24	25 Pumpkin Party –5:30 PM, call to register 	26	27

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

	Thu	Fri	Sat
		1 Wolfe Co Swift Silver Mine Festival 	2 Wolfe Co Swift Silver Mine Festival
	7	8	9
	14 Sit & Sew	15	16
	21 **Savor the Flavor– FCS Brunch 7 Learn 10 AM to 12 Noon call to register** *Beef Bash-Versailles– 1:30 PM Register On EventBrite.com*	22	23 First Day of Autumn 
	28 Sit & Sew	29	30

MOUNTAIN CATTLEMEN'S ASSOCIATION

COOPERATIVE EXTENSION

University of Kentucky

KENTUCKY STATE UNIVERSITY

MOUNTAIN CATTLEMEN'S *Fall Meeting*

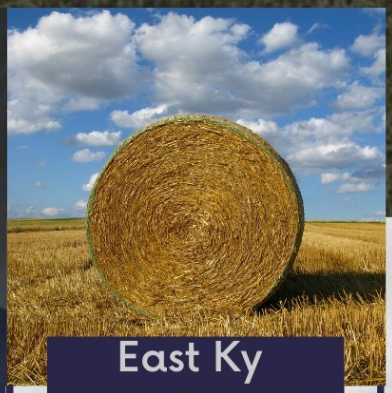
TUESDAY OCTOBER 24, 2023 | 5:30PM
WOLFE COUNTY EXTENSION OFFICE

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

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

College of Agriculture, Food and Environment
Cooperative Extension Service

Join us for a

Pumpkin Party

SEPTEMBER 25

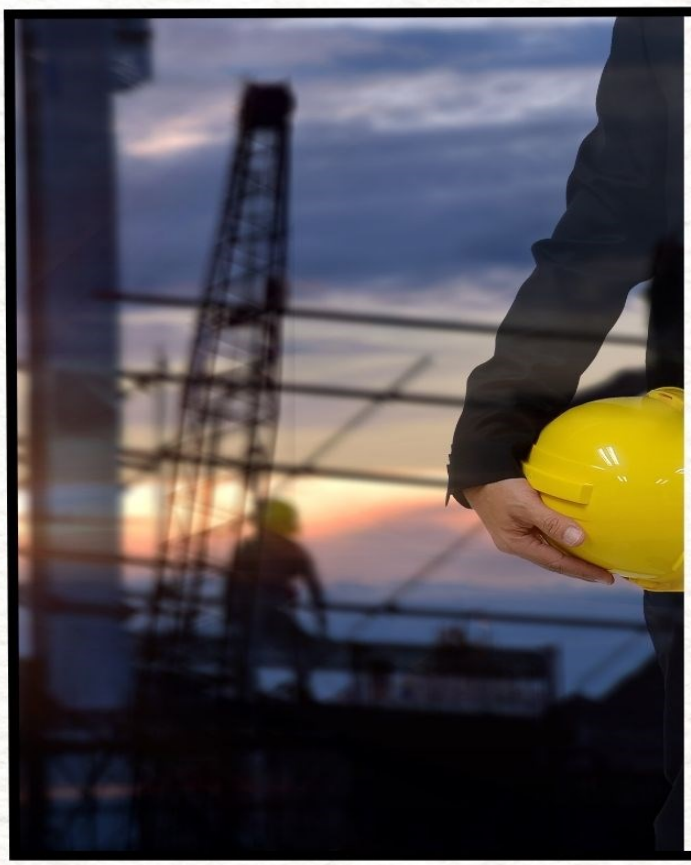
5:30 PM / $10 Fee
18 and older

Paint your own pumpkin door hanger or stand / Create your own Fall scented wax melts / Snacks Provided

Limited Seating Available
Call the Wolfe County Extension Office to Register!

Brunch and Learn

This month's Family & Consumer Science Area 5hfg Project:



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

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

Lexington, KY 40506

Disabilities accommodated with prior notification.

SIT AND Sew

BRING YOUR OWN PROJECTS TO COMPLETE

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

September 14 and 28th

2 PM to 5 PM

EVERY 2ND & 4TH THURS

WOLFE COUNTY EXTENSION OFFICE

FREE

More Information :

606-668-3712

OR

Contact MCV

Rita Rogers or

Carole Dunhuner

University of Kentucky
College of Agriculture, Food and Environment
Cooperative Extension Service

PULLED PORK AUTUMN SALAD

USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

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

- *3 cups baby spinach*
- *½ bag (8 ounces) coleslaw mix*
- *2 apples, chopped*
- *⅓ cup sunflower kernels*
- *1 cup pulled pork* or cooked, shredded chicken*

Apple Cider Dressing

- *⅓ cup olive oil*
- *½ cup apple cider vinegar*
- *1 tablespoon honey*
- *1 teaspoon mustard*

1. Whisk all dressing ingredients together until smooth or shake in a mason jar.
2. Toss the spinach and coleslaw mix with the dressing.
3. Top salad with apples, sunflower kernels, and shredded pork or chicken.

*** Note:** For pulled pork, season a 3-4 pound boneless shoulder (pork butt) with 1 teaspoon salt and pepper. Place in slow cooker. Cook on low for 8-9 hours, until pork reaches internal temperature of 145 degrees F. Let cool for 10-15 minutes and then shred with a fork.

Makes 6 servings
Serving size: 1 cup of salad
Cost per recipe: $6.03
Cost per serving: $1.01

Nutrition facts per serving:
290 calories; 22g total fat; 4g saturated fat; 0g trans fat; 30mg cholesterol; 380mg sodium; 15g carbohydrate; 2g fiber; 10g sugar; 3g added sugar; 10g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source: Adapted from USDA What's Cooking?

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

LEXINGTON, KY 40546

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RETURN SERVICE REQUESTED

Tex-Mex Quinoa Salad

2-3 ears shucked corn
1 cup quinoa, uncooked
1 (15 ounce) can black beans, drained and rinsed
1 cup fresh spinach, chopped
1 cup cilantro, chopped
1 cup cherry tomatoes, halved
8-10 green onions, thinly sliced
½ cup feta cheese crumbles
1 small jalapeno, seeded, deveined, minced

Dressing:
½ cup lime juice
1½ tablespoons red wine vinegar
2 tablespoons olive oil
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon honey
Salt and pepper to taste

Fill a large saucepan with water and bring to **boil**, **add** corn and **cook** for 5 minutes or until tender. **Cool**. **Cut** corn from cob using a sharp knife. **Cook** quinoa according to package directions. **Whisk** together dressing ingredients in a small bowl. **Set** aside. When quinoa has cooled, **add** dressing and **stir** to coat. In a large bowl **combine** remaining ingredients and **add** to the quinoa mixture. **Cool** in refrigerator and serve.

Yield: 8, 1 cup servings

Nutritional Analysis: 220 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 32 g carbohydrate, 5 g fiber, 4 g sugars, 9 g protein.