Across the Agents’ Desk

In this section we’ll address questions that have been brought to our attention. If you ever have a question, just ask!

Q: Is it ok to eat produce from a garden that has been flooded?
A: No! Even if you wash the produce, some contaminants from the flood waters cannot be destroyed through washing or cooking.

Q: How do I know if my child is ready for 4-H camp?
A: If the camp application was turned in by the deadline, your child will be receiving a letter in the mail about orientation. You and your child will be required to attend and all aspects of camp will be covered.

Q: When is the training to sell at the Wolfe County Farmers Market?
A: If you wish to sell at the market this year, you will be required to attend trainings on May 23. The trainings will begin at 9am. If you have not already done so, please contact the Extension Office and provide us with your name and mailing address so more information can be sent to you regarding the training.

Heather Graham
Wolfe CEA/Agriculture & Natural Resources

Jessica Morris
Wolfe CEA/4-H Youth Development
Join Grow Appalachia for these upcoming classes:

May 9th, 6-7pm: Cover Crop Class
UK’s Dr. Shawn Wright will discuss the benefits and techniques of using cover crops on your farm or garden. He will discuss crop rotation, types of cover crops for all four seasons, and their main purpose from weed suppression, nitrogen fixing, and more.

June 1st, 6-8pm: Chicken Tractor Class
Interested in keeping chickens? UK’s Dr. Anthony Pescatore will lead a class on raising healthy chickens with movable chicken tractors that can be scaled to a few chickens for the backyard homesteader or the full-fledged farmer.

All classes are open to the public.

For more information about the Grow Appalachia Program, call the Extension Office at 606-668-3712 or visit our website https://growappalachia.berea.edu/ or Facebook page www.facebook.com/wolfecountygrowappalachia.

JOIN THE WOLFE COUNTY EXTENSION HOMEMAKERS
For Our 2nd Annual
“SPRING – IT’S THYME FOR PAMPERING”
Monday, May 22nd at 11:30

LEARN ALL ABOUT HERBS
We will be hosting a luncheon featuring herbs, hands-on craft with herbs, and learn about raising and using herbs in your everyday life.

Take home a gift bag of goodies, a loaf of fresh-baked bread, a bottle of olive oil, a potted herb, and more!

Door prizes!

To guarantee take-homes, please RSVP to Wanda @ 668-3712 by May 18th!
On Thursday, April 27, 2017 all Wolfe County freshmen students participated in a program that roleplayed scenarios dealing with various substance abuse-related behaviors. Scenarios included: possession of prescription drugs; driving under the influence; sniffing; possession of alcohol, drug paraphernalia, or illegal drugs; trafficking; stealing drugs; etc. Depending on the scenario, students visited appropriate officials and/or agencies to experience the consequences of their behavior. These are the same officials that they would come into contact with in Wolfe County if they actually faces these consequences. We had 46 community leaders and volunteers help by being the official they student would see or by being a parent. We had 104 students participate in the program. We hope that his prevents our students from ever having to face these consequences in real life.

During the afternoon portion of the program, all junior and senior students were taken up on the hill to witness a mock crash. Students watched as their classmates were pulled from mangled cars that were involved in the crash as a result of driving under the influence. EMS, firefighters, the Sheriff and Deputies, Coroner, and the AirEvac helicopter arrived on scene. Once on scene, they performed their duties as they would in a real accident. We hope that by seeing the horrible effects of drunk driving, that our students would make the choices to prevent this from ever occurring in their life!
**Countdown to Kindergarten**

**Tuesday, May 30th**

6:00 p.m.—7:15 p.m.

Wolfe County Extension Office

Please join us to learn ways to help prepare your child to go to school.

Door Prizes Given!!

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**Calling all Cooks**

Do you have a tried and true recipe that you would like to share with the world?

We’re still accepting recipes for the Wolfe County Homemakers’ Cookbook.

If you would like to submit a recipe, please drop a copy off at the office or email it to:

**DL_CES_WOLFE@EMAIL.UKY.EDU**

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**The Recipe Collectors Club**

**Date:** April 6th

**Time:** 5:30pm

**Place:** Wolfe County Extension Office

**Recipe:** 10–Minute Bean Soup

Space is limited, call 668-3712 to reserve a spot!

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**Healthy Choices for EVERYBODY**

**Date:** Saturday, May 13th

**Time:** 1:00pm

**Place:** Wolfe County Extension Office

**Recipe:** Pineapple Pork

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**Lunch and Learn**

**Thursday, May 4th, 2017 – 11:00 am.**

**Topic:** “Personal Safety: Importance of Balance”

Cost is FREE!

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**Got Snakes?**

**Snakes of Eastern KY**

May 8, 2017 - 6:00 p.m.

**Robinson Center Auditorium**

**Topics will include:**

- Diversity and ecology of snakes in Eastern Kentucky.
- Snake behavior and natural history.
- The ecological value of snakes and snake venom research.

There will be live snakes, including a copperhead and a timber rattlesnake!

**Instructor**

Thomas Maigret

PhD Student

UK Department of Biology

For more information, call 606-666-2438.
Sewing & Quilting Workshop

Do you want to learn to sew? Are you stuck on your latest project?

Join Wolfe County Master Volunteers in Clothing Construction, Rita Rogers and Carole Dunhuber on the third Monday of each Month from 3:00pm to 6:00pm* for this free workshop.

Open to all ages and all skill levels!

Bring your own project and receive individualized instruction and assistance.

On occasion, Rita & Carole will demonstrate some fun projects as well!

Next Class: May 15th

*You do not have to stay the entire 3 hours

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Top Chefs Academy

Our weekly TEEN cooking classes are scheduled in a 6-week series.

Each class features new cooking skills & includes an interactive lesson along with preparing a recipe.

Parents/Guardians are welcome to stay and watch.

FREE for ages 13 & up.

SEATS ARE LIMITED.

CALL Stacy @ The Wolfe County Extension Office (606-668-3712) to register.

Fridays 4:30-6:00pm
Wolfe County Extension Office
Orientation Meeting: May 12
Academy will meet from May 12– June 16

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Join Us

Thursday, May 25th
5:00-7:00pm
At the Wolfe County Extension Office
For an afternoon of painting!

April’s Painting is the Tree of Hope.

The Tree can be painted with pink or purple blossoms.

To reserve your spot, come to the Extension Office and pay your deposit.
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<td>Mountain Monday Series– Got Snakes? 6pm Robinson Center</td>
<td>Cover Crop Class 6pm</td>
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<td>District Board Meeting 1pm 3rd Monday Sewing 3pm Homesteading– Rain Barrel Workshop 6pm</td>
<td>Senior Commodity Day</td>
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<td>Spring– It’s Thyme for Pampering 11:30am</td>
<td>Farmers Market Trainings 9am</td>
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<td>Countdown to Kindergarten 6pm</td>
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Please Note: In case of inclement weather, call the office to determine if programs have been cancelled.

4-H programs will be cancelled if school is cancelled.

All programs held at the Wolfe County Extension Office unless otherwise indicated.

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<td>Top Chefs Academy 4:30pm</td>
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<td>Adult Painting Class 5pm</td>
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Planning for June

June 1: Chicken Tractor Class; 6pm
Timely Tips for Beef Cattle

**General**
- Throughout spring and summer, clip winter feeding areas to control weeds and improve sod formation.
- Consider applying herbicides to winter feeding area if weed invasion occurs.
- Seed warm season annuals for supplemental forage as needed.
- Continue supplemental feeding as needed.

**Spring-Calving Herd**
- Begin breeding cows no later than May 20, especially if they are on high endophyte fescue. Avoid high endophyte fescue pastures during breeding, if possible.
- Vaccinate calves for clostridial disease (blackleg). Also dehorn and castrate calves.
- Spring working may include: deworming cows and vaccinating for Vibrio, Lepto (5-way), IBR, PI3, and BVD.

**Fall-Calving Herd**
- Pregnancy check cow herd if not previously done.
- Give any necessary booster vaccinations to calves (ie IBR, PI3, BVD-BRSV).
- Creep graze calves
- Weaned calves can be conditioned by feeding a complete dry ration for a short period of time after vaccinating and deworming.

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Fireflies Can Help Control Garden Pests

*Source: Rick Durham, extension horticulture specialist*

Fireflies evoke memories of a childhood chase. You’d catch one in your hand and wait to see the flickering light and then moments later, release it unharmed and watch it fly away.

This summertime favorite does more than generate entertaining childhood memories. They also help control some pests in your garden. On summer nights, glow worms (luminescent firefly larvae) often emerge from their underground homes to forage for food. A typical menu includes slugs, snails and caterpillars including cutworms. The larvae feed much like a spider by injecting a paralyzing toxin into their prey; then, injecting digestive juices to dissolve the prey and allow it to be more easily consumed. The adults probably feed on plant nectar to sustain their energy requirements.

There are several theories about why fireflies glow. One is that the flashing light is a homing beacon for the opposite sex. The male flies around flashing the signal to attract a female’s attention. A female on the ground or on low-growing foliage will signal back when a male visits her vicinity. To avoid confusion, each firefly species has its own specific signal to attract a mate.

Another theory is that firefly larvae use their luminescence to warn a potential predator that they taste bad. Larvae contain defensive chemicals in their bodies. When disturbed, larvae also increase their glow’s intensity and frequency.

Typical nighttime habitats for adults and larvae take place in rotting wood or other forest litter, or on the edges of water sources such as streams, ponds, marshes and ditches. The highest species diversity is in tropical Asia and Central and South America. Incidentally, some Asian species have tracheal gills that enable them to live under water where they feed on aquatic snails.

To attract fireflies to your property, reduce or eliminate lawn chemicals. Add low, overhanging trees, tall grass and similar vegetation to give adult fireflies a cool place to rest during the day. Reduce extra lighting on your property because this light interferes with fireflies’ luminous signals, making it harder for them to locate mates in the area. Fireflies also determine the time of night they’ll flash by the intensity of ambient light. This is why you don’t see many fireflies flashing on clear nights with a full moon.
Weed of the Month: Wild Carrot

Wild carrot, also known as Queen Anne’s lace, is an erect biennial that can grow to about 4 feet in height. It is found in pastures, native areas, fields, and roadsides. Seeds usually germinate in the spring, and leaves develop a basal rosette (a circular arrangement of leaves arising from the base of a stem, similar to dandelion) the first year of growth. Leaves alternate up the stem as the plant develops during the second year of growth. The flowers develop at the top of the plant as an erect terminal umbel (a cluster of flowers arranged on a stem that are equal in length and spread from a common point, somewhat like umbrella ribs). Flowers are white except for central light purple flowers; however, from a distance all flowers appear white.

Wild carrot is sometimes confused with poison hemlock. Although these two species’ leaves appear similar, there is one obvious distinguishing characteristic: Poison hemlock has dark purple spots on the stems while wild carrot does not.

Mild neurotoxicity to horses was reported in Europe but is not considered a serious threat in North America. However, to avoid any potential problems, remove wild carrot plants from pastures.

Controlling wild carrot in pastures is easy using timely mowing before flowering and herbicidal treatment. Come to the Extension Office and talk with Heather about herbicidal control of wild carrot.

Source: William W. Witt, PhD, a researcher in the Department of Plant and Soil Sciences at the University of Kentucky

UK Entomologist Offers Tips on Ticks

A mild winter can have its downsides. One is that more ticks probably survived than normal. The result is more hungry ticks out earlier than usual, according to Lee Townsend, extension entomologist in the University of Kentucky College of Agriculture, Food and Environment.

Typically, warm weather brings ticks out of hiding to find the blood meal they need to continue their life cycle. In the past two weeks, Townsend has received calls about ticks on both people and pets.

The two most common ticks found in the state are lone star tick and the American dog tick. The adult female lone star tick has a white spot on its back. The male is entirely reddish-brown. American dog ticks are reddish-brown with mottled white markings on their backs.

“Most tick bites are itchy nuisances that last for seven to 10 days,” Townsend said.

However, a small percentage of lone star ticks may be carrying erlichiosis, a bacterial disease. According to data from the Centers for Disease Control and Prevention, 10 to 50 cases may be diagnosed in Kentucky each year. In addition, saliva injected as this tick feeds may cause some people to develop a “red meat allergy,” a condition diagnosed more often as awareness of it increases.

The bite of the American dog tick is usually less irritating than one from a lone star tick, but this species is a potential carrier of Rocky Mountain spotted fever. CDC information indicates an occurrence of one to six cases each year based on Kentucky’s population and diagnostic history.

Prevention is the key to reducing exposure to ticks. There are several effective precautions to take. Wear a repellent. One repellent containing permethrin can be put on clothing and is particularly effective. Avoid walking through uncult fields or brush and areas with tall vegetation where ticks are most likely to occur. Wear light-colored clothing so ticks are easy to spot. Check pets when they come in from outdoors.

“In tick-prone areas, check yourself, children and other family members for ticks every two to three hours, and when returning home from hikes and other outdoor activities,” Townsend said. “Common places to find ticks are behind ears, hair, neck, legs and around the waist.”

Individuals who find a tick on their body, should remove it by using fine-tipped tweezers, getting as close to the skin as possible to make sure the entire tick is removed. Once it’s removed, individuals should wash the bite area and their hands and apply an antiseptic to the bite site. 

Writer: Katie Pratt—UK College of Agriculture, Food and Environment
The Vegetable Insect-Pest Calendar for Kentucky shows:
- When to expect insects of concern to appear.
- When population numbers can be expected to peak, and
- The usual length of time these insects are present during the season.

Please note:
- These dates are approximations only. Local weather and soil conditions in a given year will determine exact date of first and peak appearance.
- This calendar was constructed using data from Kentucky. If you are located in KY or in nearby states with similar conditions, you will probably find it useful.
- These dates may not apply in your area, especially the farther you are located from KY.

**Key:**
- - or * indicates insect populations likely to be present
- * indicates peak population levels likely
- Multiple peaks indicate the particular insect species produces more than one generation per year.

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Key to Embracing Aging: Eating Smart and Healthy

Eating is an activity that most of us do at least three times a day. We eat because food appeals to our taste buds. We eat because it is a social activity. We also eat because food is good for us. Eating provides our body with energy so that we can breathe and function. It also has an impact on our overall health. Nutritious foods help us maintain a healthy body and protect us against various illnesses, disorders and chronic diseases, such as heart disease, stroke, dementia, type 2 diabetes, bone loss, cancer, and anemia. Diet and nutrition can also help reduce high blood pressure, lower cholesterol, handle arthritis, maintain healthy skin, hair and nails, and manage diabetes. The good news about nutrition is that it is never too late to start eating well. Smart, nutritious eating contributes to health and well-being at any age.

Source: Amy Hosier, Extension Specialist for Family Life, University of Kentucky; College of Agriculture, Food and Environment

May is National Mental Health Awareness Month

Millions of Americans are impacted by mental health condition. In fact, it is estimated that one in five Americans will be affected by a mental health condition at some point in their lives. Every American is impacted through their friends and family members. There is still a negative view of mental health problems in our country. This stigma can get in the way of seeking help or treatment. One of the most important things we can do is work to replace this stigma with hope.

Each of us can help change the way the world views mental health by helping create understanding and offering hope. Here are three of the most important things we can do:

1. **Learn about mental health issues.** Everyone knows a little bit about mental health issues. However, we often do not know all the facts. The more we learn about mental health issues, the more we can help educate others. Mental health issues are not the result of a person’s lack of character. They are not always a result of a bad childhood. There are many myths about mental health issues that cause the stigma. When we learn the facts we can help others to dispel false ideas about mental health conditions.

2. **See the person and not the illness.** Each person who is living with a mental health condition has their own story. They have each been on a difficult journey that says more about them than their diagnosis. We need to learn more than just their condition or what they are going through. We need to treat them with kindness and dignity. We need to offer empathy. We need to see that no two people are exactly alike, even if they have the same mental health condition.

3. **Take action on mental health issues in our community.** Mental health care systems are in crisis. There is a lack of funding, a lack of qualified staff and a lack of programs and resources in many communities. As a result, treatment and recovery may seem out of reach for many people that need help. We can help in many ways. We can push for better legislation and policies to improve lives for everyone. We can talk about it to increase awareness and show that this problem cannot be ignored. We can lend support to show this cause is important and desperately needed by millions of Americans.


Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky; College of Agriculture, Food and Environment
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«ADDRESS»
«CITY», «STATE» «ZIP»