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

Extension Edition

Cooperative Extension Service

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Wolfe County Cooperative Extension Newsletter August 2023

"Happiness is not something you post-pone for the future; it is something you de-sign for the present."
— Jim Rohn

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

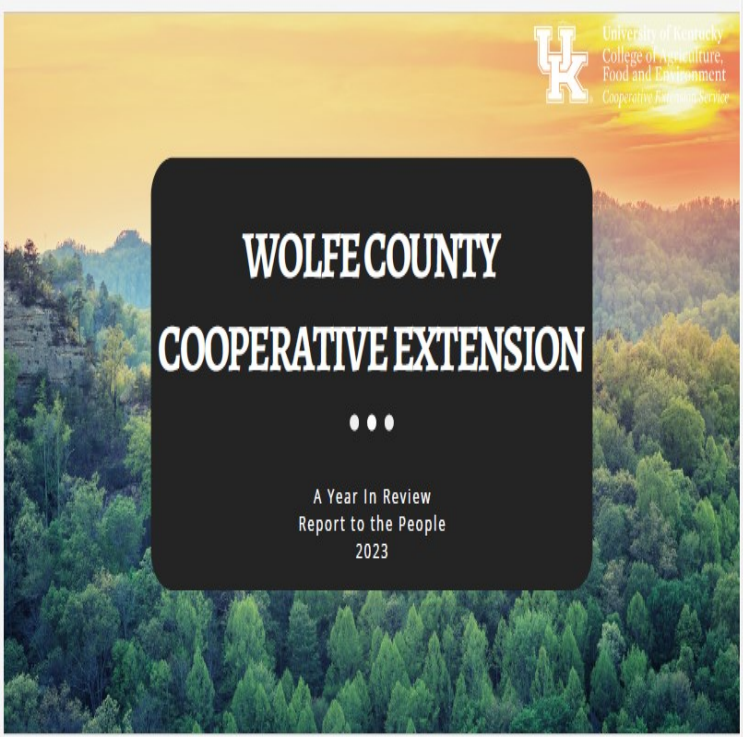
Staffing Changes

We have staff in our office to address your needs in the areas of Agriculture and Natural Resources, 4-H Youth, and Family and Consumer Sciences now.

Jessica Morris is the Agriculture and Natural Resources/ 4-H Youth Agent you may contact her by email at jessica.morris@uky.edu. Jessica has been our 4-H agent for 5 years and will continue part-time in that role, while being our ANR agent as well. Jessica has an Animal Science degree from Eastern Kentucky University as well as a Masters Degree in Agriculture Research focusing on Agriculture Economics from University of Kentucky.

Darian Creech is the Family and Consumer Sciences/4-H Youth Agent she may be reached by email at Darian.Creech@uky.edu. Darian has a degree in Dietetics and Human Nutrition from the University of Kentucky.

As always you may call our office at 606-668-3712.



Copies of the latest "Report to the People" are available for viewing at our office or on our county website https://wolfe.ca.uky.edu.

Wolfe County Schools are scheduled to start the 2023-2024 year for students on August 9, 2023. Look for our back to school events.

Office Lunch Break

We try to keep our office open continuously for the convenience of our clients. However, occasionally due to limited staffing, it may be necessary to close our office for lunch from 12 o'clock noon to 1 o'clock PM.

Stay Updated

We make our best effort to include the latest information and events happening at our extension office in this newsletter; but sometimes other opportunities present themselves. To ensure you know the latest, you may follow us on our face book page at: *http:/www.facebook.com/WolfeCountyExtension*

In the Face of DISASTER

Cooperative Extension Service

PREPARING YOUR FAMILY & HOME

NAVIGATING TRAUMA AFTER A DISASTER

This lesson will prepare community members to understand trauma and signs of trauma, and how to cope/respond to trauma after a natural disaster.

DISASTER PREPAREDNESS KITS

Join us as we learn how to create a home disaster preparedness kit.

DATE/LOCATION/TIME

- *August 11, 2023*
- *Wolfe County Extension Office*
- *10:00 AM*

Call your local Extension Office to register!

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.

Gardening Tips

Home Vegetable Gardening in Kentucky

http://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf

The Fall Garden

Gardening doesn't have to end with your summer-grown crops since some vegetables are suitable for late summer planting. Plan to follow your spring and summer gardens with a fall garden so that you can have fresh produce well into the winter.

Plant crops according to your planting plan, grouping plants to be sure short ones are not shaded by tall ones. To encourage good germination, fill each seed furrow with water and let it soak in. Keep the soil moist until seeds have germinated.

Fall vegetables are harvested after early September. They consist of two types:

1. the last succession plantings of warm-season crops, such as corn and bush beans,
2. cool-season crops which grow well during the cool fall days and withstand frost.

Note that cool nights slow growth, so crops take longer to mature in the fall (and spring) than in the summer. Keep this slower pace in mind when you check seed catalogs for the average days to maturity. Some of the best quality vegetables are produced during fall's warm days and cool nights. These environmental conditions add sugar to sweet corn and cole crops, and crispness to carrots.

The vegetables in Table 13 can be successfully seeded or transplanted for fall harvest. Often, you will want several seeding dates to extend the harvest over a longer time. This table gives the latest dates for either seeding or transplanting as indicated.

Table 13. Crops for the fall garden.

Vegetable	Date of Planting	Seeds	Transplants	Days to Maturity[1]	Date of Harvest
Beets	Jul - mid-Aug	x		70 - 75	Oct
Bibb lettuce	Jul - Aug	x	x	50 - 60	Sep - Oct
Broccoli	Jul - Aug		x	60 - 80	Sep - Nov
Brussels sprouts	Jun - Jul		x	70 - 80	Oct - Nov
Cabbage	late Jun - early Aug		x	60 - 70	Sep - Nov
Carrots	Jul - Aug	x		80 - 90	Nov
Cauliflower	late Jun - early Aug		x	70 - 80	Sep - Nov
Chinese cabbage	Jul - Aug	x	x	50 - 70	Sep - Nov
Collards	Jul - Aug	x		80 - 90	Oct - Nov
Endive	Jul - Aug	x	x	70 - 80	Sep - Nov
Green beans, bush	Jul - mid-Aug	x		60 - 65	Sep
Kale	Jul - Aug	x	x	70 - 80	Sep - Nov
Kohlrabi	Jul - Aug	x		60 - 70	Sep - Nov
Leaf lettuce	Jul - Aug - Sep	x	x	40 - 60	Sep - Oct
Mustard greens	Jul - Aug	x		50 - 60	Sep - Oct
Parsnips	June	x		90 - 100	Nov
Potatoes	mid-Jun	x		90 - 100	Oct
Radishes	Sep	x		30 - 40	Oct
Rutabaga	July - mid-Aug	x		80 - 90	Oct - Nov
Snow Peas	Aug	x		50 - 70	Oct
Spinach	Aug - Sep	x		50 - 60	Aug - Sep
Sweet corn	Jul	x		70 - 80	Sep
Turnips	Jul - Aug	x		50 - 60	Sep - Nov
Turnip greens	Jul - Aug	x		50 - 60	Sep - Nov

[1] Due to cool temperatures in the fall, a long time will be needed for certain crops to mature.

Extending the Growing Season

Typical planting dates for vegetables in Kentucky (Table 14) as well as season production times (earliest and latest planting dates, Table 15) provide a guide for conventional production, however there are methods for extending production beyond the traditional season. Polyethylene row covers have been used for a long time to help vegetables grow and ripen early in the spring. However, Kentucky's springs are often too warm to benefit much from early season row covers. During the fall, on the other hand, these covers might prove useful to gardeners wishing to extend the harvest of frost-sensitive crops (tomatoes, peppers, cucumbers). The objective of using a row cover is to trap heat from the soil and protect the crop from cold night temperatures which might deform fruit or kill the plant. Many times in Kentucky, a period of mild weather will follow the first killing frost. If you protect frost-sensitive vegetables at critical times in the fall you could extend the harvest season by several weeks. However, the tall stature of some of these crops (tomatoes) makes it more difficult to protect them using row covers. A second use of season extension might be to grow certain frost tolerant vegetables during the winter months. Vegetables like carrots, turnips, leeks, cabbage, lettuce, spinach, kale, and other leafy greens, are generally planted in the spring garden where they tolerate frost and freezing conditions. These vegetable are fairly low growing which would allow them to mature under row covers and their proximity to the ground helps protect them during extremely cold weather. Using solid plastic covering (low tunnels, see below), these greens may grow well into winter or even all winter long when temperature are not extreme (subzero F). But the nature of the low tunnel will require the growing beds to be ventilated during sunny conditions.

College of Agriculture, Food and Environment
Cooperative Extension Service

FIND A

FARMER'S MARKET

NEAR YOU

RED RIVER GORGE

Natural Bridge State Resort Park
607 Skylift Drive
Slade, KY

Saturdays 10 AM - 2 PM

BREATHITT COUNTY

3215 Quicksand Rd.
Jackson, KY

Wednesday 4-6 PM
Saturday 9 AM - 12 PM

MORGAN COUNTY

Kiwanis Tredway Memorial Park
657 Glenn Avenue
West Liberty, KY

Tuesdays & Thursdays
9 AM - 12 PM

LEE COUNTY

290 Main Street
Beattyville, KY

Thursdays & Fridays
9 AM - 4 PM

WOLFE COUNTY

640 S KY 15
Campton, KY

Farmers set up when they have produce available

SPEND YOUR SENIOR FARMER'S MARKET VOUCHERS AT ANY

Kentucky Proud

SIT AND Sew

BRING YOUR OWN PROJECTS TO COMPLETE

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

August 10 and August 24th

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

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
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4-H Youth Development
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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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546

Disabilities accommodated with prior notification

August 2023

Sun	Mon	Tue	Wed
		1 Healthy Living With Diabetes 3pm-5pm register at 668-3185	*2*
6	*7*	*8* A Day at the Farmers Market 10:00—Noon	*9*
13	*14* Wolfe Co Extension District Board 5:30 PM	*15* Commodities are the 3rd Tuesday until 2:00 PM	*16*
20	*21*	*22*	*23*
27	*28*	*29*	*30*

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

	Thu	Fri	Sat
	3	*4* Parking Lot Party 4:00 to 7:00 PM	*5*
	10 Sit & Sew 2 PM to 5 PM	*11* Disaster Preparedness Work-shop at 10:00 AM	*12*
	17	*18*	*19*
	24 Sit & Sew 2 PM to 5 PM	*25*	*26*
	31	*Looking ahead -Ovarian Screening September 20th, must pre-register*	

Minimizing Losses In Hay Storage and Feeding

https://forages.ca.uky.edu/files/minimizing_losses_in_hay_storage_feeding_anr-1356.pdf

COSTS VERSUS BENEFITS OF HAY STORAGE

Many producers probably do not fully realize the economic importance of storage losses because the amount of loss is difficult to determine on a farm, and total hay costs are considerably higher than out-of-pocket expenses. Before making decisions regarding hay storage, a producer should obtain and study hay budgets to determine the actual cost of hay production and the dollar value of hay storage losses. Budgets are usually available from County Agricultural Extension Agents.

Cost Of Hay Losses

Proper hay storage has a cost in terms of both time and effort, and this must be considered by producers seeking to reduce losses. Material and labor costs expended to store hay, as well as the nutritional value of hay, dictate which storage techniques are most cost effective. The higher the quality of the hay, the greater the economic cost of storage and feeding losses (Table 3).

Storage losses increase the quantity of hay needed, plus they may lower forage quality of the remaining hay enough that additional supplementation of animal diets is required. The cost of storage losses can readily be calculated based on the selling price of hay of various qualities. The economic values of dry matter losses provided in Table 4 were calculated using Minnesota quality-tested hay auction prices. This information can be used to calculate how much one can afford to spend in constructing overhead storage or in improving site drainage.

Table 4 illustrates that as hay value increases, a greater investment in time, energy, and money can be justified to reduce losses. Furthermore, in addition to the value which is lost due to weathering, the lost hay must then be replaced. For example, dry matter losses of 15 to 20% require a livestock producer to harvest 15 to 20% more hay, which further adds to the costs of production, harvesting, and storage.

Table 3. Cost of hay consumed as affected by storage and feeding losses.

	Beginning hay value, $/ton[1]		
% Loss	50	70	90
5	52.69	73.68	94.74
10	55.55	77.78	100.00
15	58.87	82.35	105.88
20	62.50	87.50	112.50
25	66.68	93.33	120.00

[1] Numbers listed under a given beginning hay value represent the cost of unweathered hay fed (that is, losses due to storage and feeding, in essence, increase the cost of hay).

Table 4. Economic value of loss (storage and feeding) of hay by quality test.

Test standard	Average quality RFV[1]	Price	Value of loss[2] 5%	10%	20%	40%
	index		$/T			
Prime	168	121	6.05	12.10	24.20	48.40
1	138	97	4.85	9.70	19.40	38.80
2	115	78	3.90	7.80	15.60	31.20
3	97	64	3.20	6.40	12.80	25.60
4	81	51	2.55	5.10	10.20	20.40
5	60	34	1.70	3.40	6.80	13.60

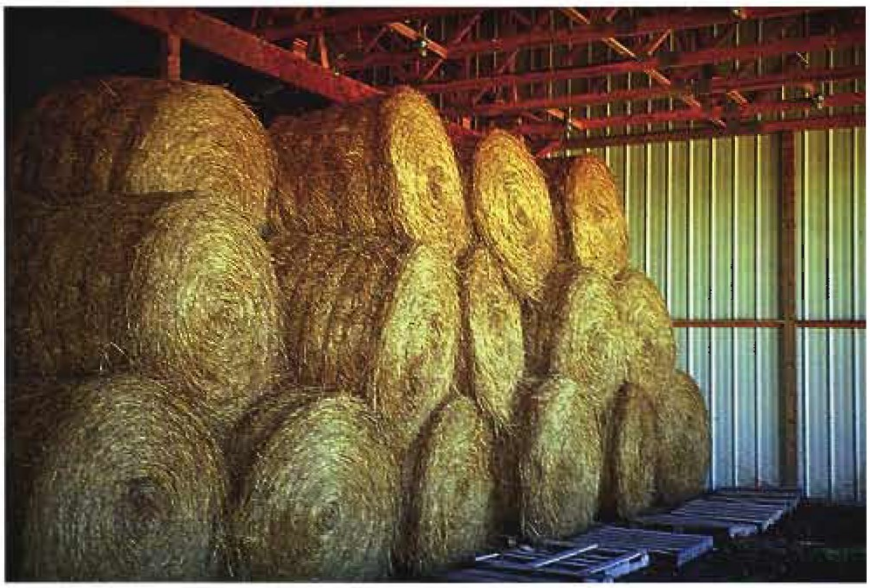
[1] Represents the mean test values from 11 years of quality test auction data in Minnesota.
[2] Y = (0.81 x RFV index) - 14.8, where Y = $/ton of hay. This calculated loss value assumes a 4 inch weathering loss and 5 foot diameter bales (25% of the hay volume).

Barn Storage

Barn storage is usually considered to be a consistently highly effective method of storing hay, so it is often used as the standard against which other techniques are compared. When the typical dry matter storage loss of dry hay during inside storage (usually around 5%) is compared to the 30% or more common with hay stored outside in the humid portions of the United States, it isn't difficult to see that reduced losses can often provide payback on barn construction within a few years. The more valuable or porous the hay, the higher and/or more frequent the rainfall, and/or the longer the period of storage, the more easily barn construction can be justified.

For commercial hay producers there may also be considerable benefit from the improved appearance which results from barn storage. Outside storage hurts the appearance of hay even when actual losses are minimal. Appearance is not closely linked to nutrient content or feeding value, but it is often important in marketing, and may justify barn storage even in relatively low rainfall climates.

Storage buildings may provide benefits in addition to those which result from storing hay. For example, part of a hay barn might be used for other purposes during a portion of the year. Furthermore, the overall value of a farm should increase with the addition of a hay barn.



On many farms, particularly in the eastern United States, reduced hay storage losses can provide payback on barn construction within a few years.

Bale density is another important consideration affecting the cost effectiveness of barn storage. The density of small rectangular bales is usually around 9 pounds per cubic foot, while the density of large round bales can vary from less than 5 to more than 10. Even when high density round bales are used, at least a third less round bale hay than rectangular bale hay can be stored in a given storage structure due to the wasted space between bales.

When a storage facility is constructed for round bale storage, dimensions should be based on the diameter and length of the bales that will be stored. For such structures, a design which does not require interior roof-supporting poles is desirable so that equipment operation will not be impeded.

Costs And Risks Of Barn Storage

The cost of building a hay storage structure can vary greatly. Comparisons of structures of various types and sizes should be made on a cost-per-square-foot basis. Material costs are higher in some areas than others, and climate largely determines siding costs. Even in high rainfall areas at least one side may be left open without significant adverse results.

Labor costs typically account for around 35% of the cost of erecting a hay storage structure. Thus, a producer who can provide most or all of the labor for building a storage structure can substantially reduce out-of-pocket construction expenses.

Costs other than construction which are associated with barn storage are greater than might be expected. Before making decisions regarding erecting storage facilities or pricing hay which has been stored inside, the following items should be taken into consideration.

Shrinkage- Hay which has been stored inside for several months will typically lose 5 to 10% of its weight as compared to freshly baled hay due to a combination of dry matter loss and moisture loss.

Depreciation- The economic value of a building declines steadily over time. Generally, depreciation is considered to be around 5% of the initial value per year.

Interest on investment- This is "opportunity cost" or the amount of return which could have been made with the money used to build a storage structure if it had been invested elsewhere.

Repairs- A good figure to use is that approximately 1 to 2% of the value of a building must annually be spent on repairs. Most of this will occur during the latter part of its useful life.

Taxes and insurance- Taxes vary greatly with location, so to determine tax costs a producer should check with local officials. Having insurance on a storage facility is generally advisable, but each producer must decide whether he needs it and, if so, how much. Some farm policies may cover such additional buildings at little extra cost. Often the combined costs of taxes and insurance amount to about 1% of the average value of the building over its useful life.

Other- If a barn has an earth floor, water from outside should not be allowed to run under the hay. Otherwise, spoilage will occur on the bottom bales even though the hay is under shelter.

Bale dimensions, how high bales will be stacked, and the anticipated length of usefulness of the storage facility will also affect the economics of barn storage.

The preceding is an excerpt from "Minimizing Losses in Hay Storage and Feeding" prepared by Dr Don Ball, Auburn University; Dr David Bade, Texas AM; Dr Garry Lacefield, University of Kentucky; Dr Neal Martin, University of Minnesota; and Dr Bruce Pinkerton, Clemson University. 1998 National Forage Information Circular 98-1. To access the publication in entirety use the web address:

https://forages.ca.uky.edu/files/minimizing_losses_in_hay_storage_feeding_anr-1356.pdf

Healthy *living with* Diabetes

Kentucky Department for Public Health

OUR FREE, NATIONALLY ACCREDITED AND RECOGNIZED DIABETES EDUCATION WORKSHOPS ARE NOW AVAILABLE

Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Get tips on taking medication and reducing your risks for short and long-term complications.

Wolfe County Extension Office
3pm-5pm
July 11 , 2023 What is Diabetes, Problem Solving and Monitoring
July 18, 2023 : Healthy Eating and Physical Activity
July 25, 2023 : Medications and Preventing Long term Complications
August 1, 2023 : Healthy Coping, Action Planning

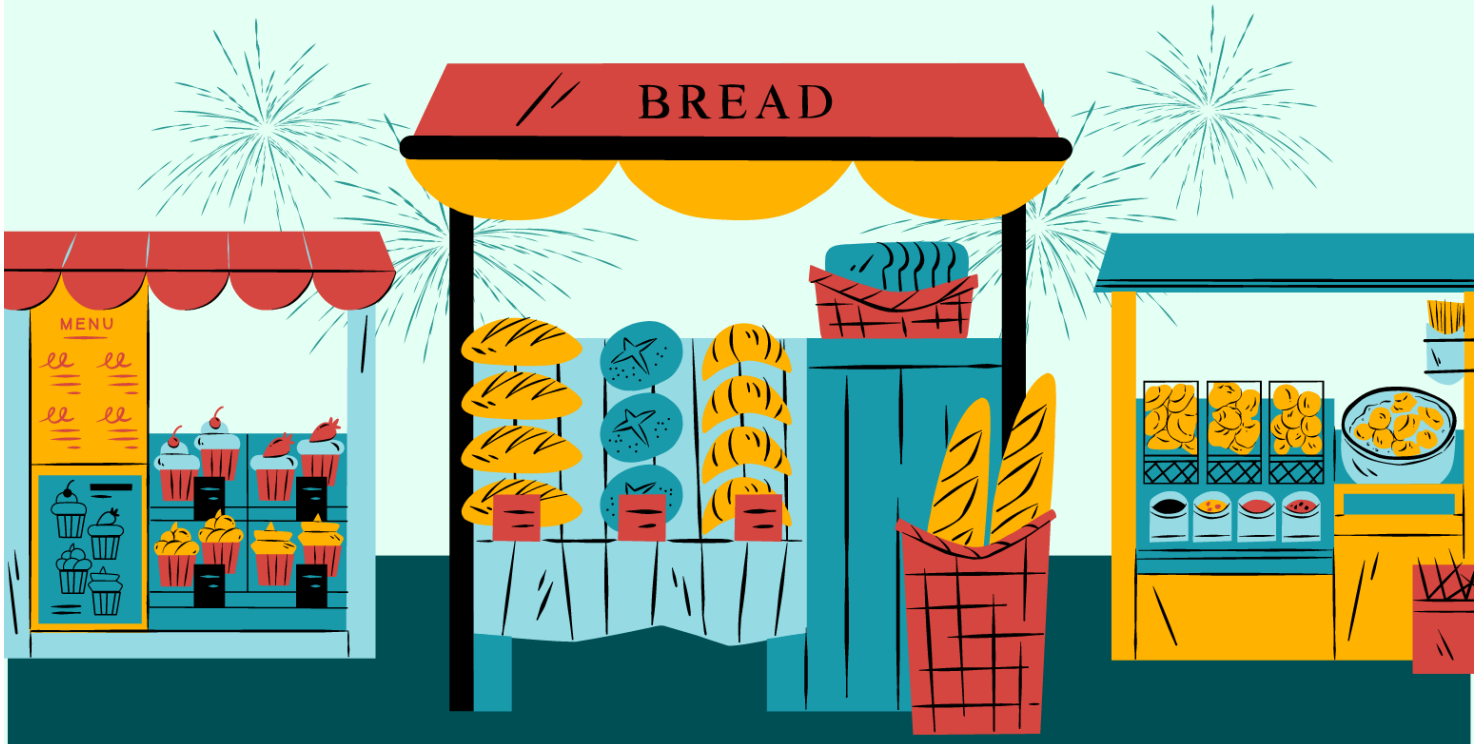
YOU MUST REGISTER: Call 606-668-3185

Kentucky Public Health
Prevent. Promote. Protect.

ADCES DEAP DIABETES EDUCATION ACCREDITATION PROGRAM

A DAY AT THE MARKET 2023

COME SEE US AT THE FARMERS MARKET



Aug 8
10-Noon

LOCAL PRODUCE | FRESH FLOWERS
HEALTH DEPT | FUN BOOTHS
SPEND SENIOR FARMERS MARKET VOUCHERS

LOCATION : Farmer's Market Pavilion
Between DQ & Dollar General

MORE INFORMATION

Wolfe County Extension Office
606-668-3712


COOPERATIVE EXTENSION
University of Kentucky
Kentucky State University
WOLFE COUNTY 4-H & FRYSC PRESENTS
2023
PARKING LOT
Party
COME JOIN IN ON ALL THE FUN
INFLATABLES
FAMILY FUN
AUGUST 4 | FRIDAY
4:00PM - 7:00PM
WOLFE COUNTY EXTENSION OFFICE
FREE ENTRY
JOIN US FOR A FUN EVENING WITH FOOD AND FUN!

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

Skillet Pork Chops with Peaches

USDA SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

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

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained**
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

*Boneless pork loin chops can also be used in this recipe.
**Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.
5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving Size: 1 pork chop
Cost per recipe: $7.78
Cost per serving: $1.95

Nutrition facts per serving:
280 calories; 10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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

University of Kentucky
College of Agriculture,
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Cooperative Extension Service

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

RETURN SERVICE REQUESTED

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Campton, KY

Summer Garden Lasagna

5 medium zucchini
2 yellow summer squash
3 tablespoons olive oil
2 large eggplants, sliced ½ inch
8 ounces plain Greek yogurt
2 cups low fat cottage cheese
½ cup chopped fresh basil
2 teaspoons salt
1 medium yellow onion, diced ¼ inch
¼ cup fresh chives, chopped
2 garlic cloves, pressed
10 ounces fresh spinach
1 (24 ounce) jar spaghetti sauce
8 ounces shredded mozzarella cheese
Garnish with fresh basil leaves

Thinly **slice** zucchini and summer squash ¼ inch thick and **toss** with 1 tablespoon olive oil and 1 teaspoon salt. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. **Slice** eggplants, **toss** with 1 tablespoon olive oil; **place** on baking sheet. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. If needed, place under boiler for 5 minutes to reduce excess moisture. **Mix** together yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion and chives. **Sauté** garlic in remaining olive oil until golden. **Add** spinach to pan and **cook** until wilted. **Spoon** half of roasted zucchini, squash, and sautéed garlic into a greased 9-by-11 inch baking dish. **Coat** evenly with half of the cottage cheese and yogurt mixture. **Place** an even layer of eggplants on cottage cheese mixture. **Spread** a layer of spaghetti sauce on eggplants and sprinkle with mozzarella cheese. **Repeat** process for one more layer. **Bake** at 425 degrees F for 40 to 45 minutes. **Sprinkle** with chopped basil and cheese for garnish.

Yield: 10, 1 cup servings.

Nutritional Analysis: 240 calories, 10 g fat, 4 g saturated fat, 20 mg cholesterol, 840 mg sodium, 20 g carbohydrate, 6 g fiber, 7 g sugars, 17 g protein.