

Extension Edition

Cooperative Extension Service

20 N Washington St-PO Box 146
Campton, KY 41301-0146
(606) 668-3712
Fax: (606) 668-3732
<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter February 2024

“In order to have friends, you must first be one.”

— Elbert Hubbard



Traditions of giving roses: White roses symbolize new beginnings or reverence.
Yellow roses may mean friendship, while red traditionally means respect or love.
Pink roses symbolize admiration or young love.



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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

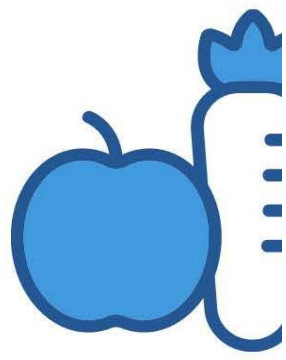


Disabilities accommodated with prior notification.




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
12:30-2:30pm

February 5, 2024 : What is Diabetes, Problem Solving and Monitoring
February 7, 2024 : Healthy Eating and Physical Activity (**Lunch will be Provided**)
February 13, 2024 : Medications and Preventing Long-term Complications, Healthy Coping, Action Planning

YOU MUST REGISTER: Call 606-668-3185



Kentucky Public Health
Prevent. Promote. Protect.



ADCES DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.


 Partners for
Rural Impact

4-H Garden Club

Join our informational meeting to learn about our fun plans for the year and working in the community gardens! Bethany & Renae are excited to start this new club opportunity!

February 27, 2024 | 3:30

Wolfe County Extension Office

 606-668-3712



MEETING FEBRUARY 07, 2024



4-H LIVESTOCK CLUB

WOLFE COUNTY EXTENSION OFFICE
RIGHT AFTER SCHOOL - 3:15-4:30

Gardening Tips



Growing for the future. #kysuag LEARN MORE -INFORMATION FROM KENTUCKY STATE UNIVERSITY COOPERATIVE EXTENSION
Tips and Tricks for Starting a Backyard Garden , Dr. Leigh Whittinghill, Assistant Professor of Urban Agriculture

- Pick a site convenient for you to maintain.
- Some wind is good but avoid areas exposed to strong wind.
- Be mindful of possible pollution sources and avoid them.
- Your Garden will need 6 to 8 hours of sunlight a day.
- Look for areas where plants already do well- this can indicate high organic matter content and high nutrient content.
- Avoid spots where water puddles during and after rain, such as low spots at the bottom of a hill.
- Avoid clay soils and add organic matter to sandy soils.
- Plant away from trees, they will compete with your vegetables.
- Start small- you can always expand later.
- Be mindful of who will be using the garden.
- Select crops you use often.
- Know your crops: - When to plant and harvest - How to plant - Consider disease resistant varieties and varieties that grow well in your area
- Consider including: - Plants that attract pollinators and other beneficial insects. -A rotation to reduce pest problems and increase fertility.

Managing the Garden:

- Water regularly: - Vegetables need about one inch of water a week. - Rain can provide some water. - Avoid letting plants stay wet to prevent disease or fungus problems.
- Fertilize your crops: - Add compost to the soil before you plant. - Slow release fertilizers and organic matter sources can add nutrients over a longer period of time. - Many vegetables require more nutrients when flowering or when fruit are forming.
- Manage your weeds with mulch and by removing them quickly, before they can produce seeds.
- Understand which insects are beneficial and which are pests.
- Attract beneficial insects that prey on pests with flowers like marigolds and yarrow.
- Use chemical controls as a last resort. - Keep them away from children. - Avoid spraying plants in bloom with insecticides because these will also harm pollinators. - Make sure your product matches the pest and vegetable you want to treat. - Apply only where **needed and as directed.**

References: Heft, T. 2013. Rabbits and Deer Won't Eat These Flowers, Shrubs, Herbs, and Trees. <http://www.bigblogofgardening.com/flowers-shrubs-herbs-trees-that-rabbits-and-deer-wont-eat/> (accessed 18 June 2018)

Home Vegetable Gardening in Kentucky. ID-128. University of Kentucky Cooperative Extension Service Markham, B.L. 2014. The MiniFarming™ Bible: The Complete Guide to Self-Sufficiency on ¼ Acre. SkyHorse Publishing. New York, New York.

Taylor, L. and The Gardeners of Seattle Tilth. Your Farm in the City: An Urban Dweller's Guide to Growing Food and Raising Animals.

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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



Week 1 Fix any broken garden equipment; clean and sharpen gardening tools

Week 2 Prepare compost pile

Week 3 Order fertilizer and lime for the spring and summer

Week 4 Decide and plan how to water your garden and prepare accordingly

Growing Your Own Beginner Gardening

Most of the time, the soil is starting to dry enough to prepare it for the garden. If soils are easy to work and the area is small, tillage with equipment (rototiller, tractor implements) is usually not necessary. Just lightly dig areas to be planted with a shovel or hoe.

Crops that can be planted in March include: • Early: spinach and peas • Middle of the month: collard plants, onion sets & seeds, radish, rhubarb, asparagus crowns, beets, kale, parsley • End of the month: cole crops (such as cabbage, cauliflower and broccoli), potato pieces, lettuce

These are average dates for Kentucky. If you live in the western part of the state you may plant a week or so earlier; if you live in the eastern part of the state you may plant about a week later to allow the soil and air temperatures to warm a bit more. Look at the seed packets to determine the best growing temperatures for your plants. When planting seeds, remember to follow the directions on the seed packet to know how deep to cover seeds.

The seed packet will also tell you how close seeds should be planted in the row. For some crops such as lettuce, radish, and spinach, you can plant even closer than recommended and then pull up extra plants. Use "baby" plants for soups, salads, or use them on sandwiches. Keep pulling baby plants until remaining plants are at the proper spacing. Involve children in this activity—they will be more likely to try these baby vegetables if they help in growing and picking them.

If you plant in areas where there was heavy weeds or grass growth, you may come across newly planted plants with stems cut through at the base. This is damage due to cutworms. By lightly digging around affected plants you may find the worm and can dispose of it. To protect valuable transplants from damage, enclose the lower stem of the transplant in a cardboard roll (paper towel or bathroom tissue roll) or surround the stem with aluminum foil. This can be removed in a few weeks.

Keep a journal of what you planted. Include when and where you planted each vegetable, the variety name of the vegetable, how fast the seedlings started to grow, and what the new seedlings looked like. Involve children by having them take pictures of your garden and adding them to the journal.

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

HEALTHY EATING AROUND THE WORLD



We're going to take a trip around the globe to learn about dietary guidelines from other countries. Along the way, we'll learn about new foods and ways of eating.

February 9, 2024

10:00 AM

Call (606) 668-3712 to Register

Please Join Us For A

Baby Shower

If you are a community partner or business that would like to set-up a table or provide a door prize for the event:

Call (606) 464-2492 Ext. 171 or 172
or via email:

KristinS.Brandenburg@ky.gov or
ChelseaA.Marshall@ky.gov


Come and join us for a fun filled night on child and baby safety!

February 6th, 2024

4:00-6:00pm

Wolfe Co. Extension Office



 Cooperative
Extension Service

LET'S CHAT *About Mineral*

WHAT MINERAL SHOULD YOU FEED

Dr. Jeff Lehmkuhler

Join us as Dr. Jeff Lehmkuhler shares what kind of mineral requirements your cattle have and what will give you the best bang for your buck!

Group Mineral Order

Come learn about the opportunities of joining the group bull mineral order. From 1 bag to as many as you need, learn about the quality and savings available!

Meal

Enjoy a meal with other cattle producers while the meeting is occurring. Please call so we have a headcount for the food!

THURSDAY FEB 15
5:30 PM

📍 Wolfe County Extension Office

☎ 606-668-3712

CALL YOUR COUNTY OFFICE TO REGISTER



February 2024

SUN	MON	TUE	WED
		Adult Ed meets in our Project Room on Tuesdays	January 31 Farm Record Keeping Breathitt Extension 12 noon or Wolfe Extension at 5:30 PM call to register
4	5 Healthy Living with Diabetes by Wolfe Co Health Dept 12:30 to 2:30 PM register with Health Dept	6 Baby Shower 4:00 to 6:00 PM	7 Cooking Through the Calendar 11 AM to noon register <i>Healthy Living with Diabetes 12:30 to 2:30 PM register w Health Dept</i> 4-H Livestock Club 3:15 to 4:30
11	12	13 Healthy Living with Diabetes by Wolfe Co Health Dept 12:30 to 2:30 PM register with Health Dept	14 Valentines Day 
18	19	20 Commodities for approved Wolfe Countians over age 60	21 Lee Co Extension— Fertilizer mtg. <i>At 5:30 PM register</i>
25	26 Carbon Credits rescheduled from last month— Breathitt Extension at 6:00 PM	27 4-H garden club 3:30 PM	28

***All classes are held at the Wolfe County Cooperative**

Extension Service Office unless otherwise noted

THU	FRI	SAT
1	2	3
8 Sit & Sew	9 Homemakers- “Healthy Eating Around the World “ at 10:00 AM, please register	10
15 Minerals at 5:30 PM	16	17
22 Sit & Sew	23	24
29	Looking ahead: <ul style="list-style-type: none"> • Plant orders due on or before 3-14-24 • Apple Tree Grafting Mar. 7 at 5:00 PM 	Reminder in the case of hazardous road conditions-classes and projects may be cancelled. Please call or check our Face Book page before coming.

STRATEGIES TO REDUCE FERTILIZER USE ON EASTERN KY CATTLE FARMS



Contact your local
Extension Office For
Registration

All Programs
Start at 5:30

- Using Legumes to get the Nitrogen Cycle Working
 - Feeding Hay to Recycle Nutrients
 - Clipping Weeds to Enhance Fertility
 - Having an Appropriate Stocking Rate
- Implementing Basic Rotational Grazing Without Perfect Infrastructure

Locations and Dates:

Feb. 19, 2024 Clay County Extension Excel Center 86 Muddy Gap Rd., Manchester, Ky 40962

Feb. 20, 2024 Knott County Extension 149 Parks. Rd. Hindman, Ky 41822

Feb 21, 2024 Lee County Extension 259 Industrial Park Rd. Beattyville, Ky 41311

Feb. 22, 2024 Morehead State University Farm 25 MSU Farm Rd. Morehead, Ky 40351

Guest Speaker: Dr. Greg Halich,
Associate Extension Professor with the Department of Agriculture Economics
University of Kentucky

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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

TREE GRAFTING WORKSHOP

THURSDAY MARCH 7 | 5PM

WOLFE COUNTY EXTENSION OFFICE

JOIN US TO LEARN HOW TO GRAFT TREES AS
WELL AS GRAFT YOUR OWN TREES TO TAKE
HOME. CLASS SIZE IS LIMITED.

606-668-3712
MUST CALL TO REGISTER

Wolfe County Extension Office
20 N Washington Street
Campton, KY 41301

Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

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Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to

Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment,
University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

The UK Office of Institutional Equity and Equal Opportunity, 13 Main Building,
University of Kentucky, Lexington, KY 40506-0032 or

US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410

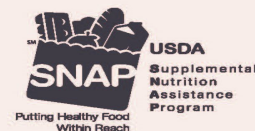


Recipes from the 2024 Food and Nutrition

Recipe Calendar

 Cooperative
Extension Service

Everything Tuna Melts



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

- 3 cans (5 ounces each) tuna in water, drained
- 1 stalk celery, diced
- 1/2 small onion, diced
- 3 tablespoons mayonnaise
- 5 whole-wheat mini bagels, cut in half
- 1 large or 2 small apples, cored and sliced thinly
- 1 cup shredded sharp cheddar cheese
- 2 teaspoons everything bagel seasoning

1. Preheat the oven broiler on low.
2. Wash hands with warm water and soap, scrubbing at least 20 seconds.
3. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
4. In a bowl, combine the tuna, celery, onion, and mayonnaise; mix well.
5. On a baking sheet, toast each side of the bagels under the broiler.
6. Divide and spread the tuna mixture on each of 10 bagel halves. Top with

- apple slices and cheese. Sprinkle with everything bagel seasoning.
7. Return the pan under the broiler for 3 to 5 minutes or until the cheese is melted. Serve immediately.
 8. Refrigerate leftovers within 2 hours.

Note: This recipe is very adaptable. If you do not have whole-wheat bagels, you can substitute with English muffins, hamburger buns, or whole-wheat bread. Try everything flavored bagels and skip the seasoning. Substitute canned chicken for tuna. Use tomato slices or pineapple slices instead of apples to add variety. You can usually find affordable everything bagel seasoning at dollar stores. If you cannot find everything bagel seasoning, try your favorite salt-free herb blend instead.

Makes 5 servings
Serving size: 2 bagel halves
Cost per recipe: \$7.52
Cost per serving: \$1.50

Nutrition facts per serving:
320 calories; 13 grams total fat; 4g saturated fat; 0g trans fat; 50mg cholesterol; 700mg sodium; 27g total carbohydrate; 1g dietary fiber; 8g total sugars; 0g added sugars; 25g protein; 15% Daily Value of vitamin D; 25% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium

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

**Cooperative
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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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Lexington, KY 40506



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accommodated
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UK Cooperative Extension Service

COOKING THROUGH THE Calendar

February 7

11:00 AM

Wolfe County Extension Office

For more information on how you can attend these **FREE** cooking classes, please contact your local Cooperative Extension office:

Wolfe County Extension Office
20 N Washington St.
Campton, KY 41301
(606) 668-3712



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

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Disabilities accommodated with prior notification.

Sit & Sew

BRING YOUR OWN PROJECTS TO COMPLETE

**Thursdays-February 8th and 22nd
From 2:00 to 5:00 PM
At Wolfe Co. Extension Service**

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

HELP SUPPORT ANN'S BACKPACK PROGRAM

**Items Needed Include:
Microwave popcorn, Individual ravioli & spaghetti
cups, Individual mac & cheese cups, meat sticks, pop-
tarts, fruit cups, jello cups, pudding cups, instant
oatmeal, granola bars, instant noodles**

**All donations can be dropped off at the Wolfe County
Extension Office.**



Please pay by check
or exact change.

Receipt No. _____



2024 Plant Order Form

**Cooperative
Extension Service**

Wolfe County
PO Box 146
Campton, KY 41301
(606) 668-3712

Purchaser Information:

Name: _____
Address: _____
City, State, Postal Code: _____
Telephone: _____
Email: _____

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$6.50 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$6.50 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Jewel Black Raspberries	\$4 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
		Total Due	

Pre-payment is required by **Friday, March 15**, for all plant orders.
Make checks payable to: Wolfe Co Extension Service

Payment Information:

Amount Paid: _____
Date: _____
Received by: _____
Check No.: _____ or Cash _____

Plants are expected to ship from the nursery during the first full week of April. We will send you a postcard to let you know when the plants will be available for pickup.

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

RETURN SERVICE REQUESTED

Non Profit
US Postage Paid
Permit # 4
Campton, KY



Fiesta Potatoes

8 small to medium russet potatoes, peeled and diced	1 medium onion, chopped	parsley, chopped
1 green bell pepper, chopped	1 cup Mexican blend cheese, shredded	1 tablespoon dried basil, crushed
1 red bell pepper, chopped	½ cup margarine, melted	¾ teaspoon salt
	½ cup low-fat milk	¼ teaspoon black pepper
	2 tablespoons fresh	

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



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

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