

Extension Edition

Cooperative Extension Service

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Campton, KY 41301-0146
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<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter February 2025

NEWS / BREAKING NEWS / BREAKING NEWS / BREAKING NEWS

WCCES FRONT PAGE NEWS

New Agents

Bethany Kirby

Bethany Kirby will begin her new role as Wolfe County 4-H Youth Agent beginning February 03, 2025.

Bethany has extensive experience with youth, having previously worked with the Wolfe Co School System.

Bethany is a resident of Wolfe County and looks forward to working with the youth in her home county.



Andrew Warren

Andrew Warren will assume the position of Family and Consumer Science Agent starting February 03, 2025.

Andrew currently works for Extension and will be transferring from the Breathitt County Cooperative Extension Service.

With previous Extension experience, Andrew is enthusiastic to launch programs in Wolfe County.



We invite our clients to help us welcome Bethany and Andrew at our reception on February 24th. See your invitation on page 2 for more details.

“The hardest challenge is to be yourself in a world where everyone is trying to make you be somebody else”
E.E. Cummins

- In This Issue:**
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 - NEP Calendar Recipe-
 - Cauliflower Bites
 - Cooking Through the Calendar Workshop
 - Farm Machinery Show
 - Financial Literacy
 - Make Better Choices 2
 - Country Ham and Grits



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

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Disabilities accommodated with prior notification.



WELCOME RECEPTION

Andrew
FCS AGENT
&
Bethany
4-H AGENT

02-24-2025

3:00PM - 5:00PM

WOLFE COUNTY EXTENSION OFFICE

20 N Washington Street

Campton, KY 41301

*Join us to celebrate the two great new
additions to the Wolfe County office!*



Introducing Our New Agents:



Bethany Kirby,
Wolfe County
4-H Youth

Bethany Kirby grew up in Beattyville, Ky and graduated from Tufts University. After college Bethany went on to get her Master's degree in teaching and taught elementary school. Bethany has worked the past two years at Wolfe County Middle School in a grant position through Partners for Rural Impact. She is thrilled to get to join the team at the extension office and to work with all the incredible youth in Wolfe County.

Bethany loves travel, reading, gardening, animals and art. She lives in Campton with her fiancé Will, their dog and lots of cats.



Andrew Warren
Wolfe County
Family and Consumer
Sciences Agent

My name is Andrew Warren. I graduated from the University of Kentucky with a Bachelor's Degree in Public Health. I previously served the Breathitt County Cooperative Extension community under Agriculture and Natural Resources, which included community gardening, Robinson Forest tours, local Farmer's Market programs, and more.

I enjoy spending time with my fiancée, family, and friends, including my Ragdoll cat named Juice and our golden retriever Max. I find peace in spending time outdoors and enjoy fishing a great deal. My interests include film, finance, technology, and marketing.

I am very excited about being the Family and Consumer Sciences Agent for Wolfe County and I look forward to engaging with you all in future programs!



Breathitt Extension Office
@ 12:00pm
OR
Wolfe Extension Office
@ 5:00pm

Special Speaker:
Dr. Gregg Renfrow

Breakfast and Italian Sausage Workshop

Meal provided

Come along and learn in our exclusive workshop.

FEB | **6th** | **2025**

Please pre-register by QR code or call your local Extension Office

Wolfe



Breathitt



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Please bring exact change if paying in cash. We are limited in the amounts we can purchase.

2025 Plant Order Form

Purchaser Information:

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

Wolfe Cooperative Extension
 PO Box 146, 20 N Washington St. Campton, KY 41301
 Phone 606-668-3712

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$7 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$7 (bundle of 25)	
	Blackberries (Natchez)	\$5 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$9 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$9 each	
	Raspberries (Prelude) - bare root	\$5 each	
	Jewel Black Raspberries	\$5 each	
	Asparagus (Millennium)	\$1 each	
_____ bundles	Onion plants (Candy)	\$5 (bundle of 60)	
		Total Due	

Pre-payment is required by **Friday, March 7**, for all plant orders.
Make checks payable to: Wolfe County Cooperative Extension

Payment Information:
 Receipt number: _____
 Paid: YES NO Date: _____
 Entered in spreadsheet: YES - By: _____

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





College of Agriculture,
Food and Environment
Cooperative Extension Service

Youth

EAST KY CATTLE WORKING *clinic and contest*

UK ROBINSON CENTER FACILITIES



FREE EVENT

REGISTER BEFORE MARCH 19, 2025



Clinic

Each student will attend the BQCA Clinic where proper techniques of working cattle will be taught



Contest

Teams of 4-6 students (2 teams per county)
5 hands on stations & BQCA Quiz
Awards will be given



Eligibility

Each county team must have 4-6 FFA members OR 4-H members (13 years or older), CAN be mixed between 4-H and FFA members

QUESTIONS?



606-668-3712



jessica.morris@uky.edu
reed.graham@uky.edu



130 Robinson Road
Jackson, KY 41339

ALL students will receive BQCA Certificate.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification

COOPERATIVE EXTENSION



BREEDING SOUNDNESS EXAMS

GET YOUR BULL CHECKED BEFORE BREEDING SEASON



Robinson Center - JACKSON

Dr. LW Beckley

FREE



March 20, 2025

10:00AM - 5:00PM



**CALL TO SCHEDULE APPOINTMENT
606-668-3712**



**PROTECT YOUR CALF CROP
\$125/Bull Savings**

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Equality
is a fundamental
principle of
our nation.

**ATTENTION
BUYERS AND
SELLERS**

1st Annual KENTUCKY COOPERATIVE EXTENSION



UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, HEALTH, AND NATURAL RESOURCES

**East KY
HAY**

**AUCTION
5:00pm**

February 26th

at The Robinson Research Station

130 Robinson Road

Jackson, KY 41339

Accepting Hay

February 18th-25th by appointment

8:00am -4:30pm

- **NO BUYERS PREMIUM**
- **10% CONSIGNMENT FEE**
- **WEIGHT AS RECEIVED**

Call 606-666-2438

to

**schedule your
drop-off**

**Nutrient analysis and average
bale weight will be listed for each
lot prior to sale.**

**Reed Graham
Breathitt County ANR Agent
606-666-8812**



**Auctioneer:
Jonathan Montgomery
with Montgomery Auction
Company
606-496-6530**



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4-H Youth Development
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February 2025

Sun	Mon	Tue	Wed
2	3 New Agents join our staff!	4	5
9	10	11 Cooking through the Calendar at 11:00 AM	12
16	17 Beekeepers—5:30 PM	18 Commodities for pre-approved Wolfe County Residents over age 60. Line-up starts at 10;30.	19
23	24 New Agents' Reception 3:00 to 5:00 PM	25 Family and Consumer Sciences Brunch and Learn at 10:00 AM	26 Hay Auction 5o'clock PM

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

	Thu	Fri	Sat
			1
	6 Breakfast & Italian Sausage Workshop-places are limited must pre-register—5 o'clock PM	7	8
	13 Farm Machinery Show meet at Breathitt CES at 8 AM *	14 Valentines Day 	15
	20 Financial Literacy—5:30	21	22
	27 Sit N Sew 2 -5 o'clock PM	28	In the case of dangerous weather conditions, activities may be cancelled. If our area has questionable weather please call ahead 606-668-3712.



WOLFE COUNTY EXTENSION OFFICE

Monday February 17th at 5:30 pm

CALL US AT 606-668-3712 IF YOU PLAN ON JOINING US THAT EVENING!



Sit & Sew

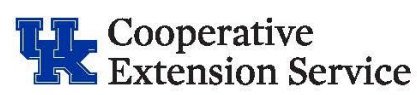
BRING YOUR OWN PROJECTS TO COMPLETE

This month – February

13th and 27th at

2:00-5:00 PM

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



Long form 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.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

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.

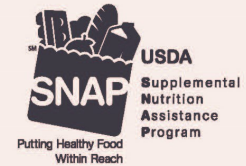


Cauliflower Bites

Prep Time: 15 minutes
Cook Time: 19 minutes

- Nonstick cooking spray
- 1/2 cup all-purpose flour
- 1/2 cup water
- 1 teaspoon garlic powder
- 3 tablespoons Buffalo sauce
- 1 head cauliflower, cut into florets
- 1 tablespoon butter, melted
- 2 tablespoons olive oil

1. Preheat oven to 450 degrees F. Prepare a baking sheet with nonstick spray.
2. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
3. Gently rub cauliflower under cool, running water before preparing.
4. In a large bowl, combine flour, water, garlic powder, and Buffalo sauce. Stir until smooth.
5. Gently fold in cauliflower florets to evenly coat with batter.
6. Arrange florets in a single layer on the baking sheet. Do not overcrowd the pan (use two pans if needed). Bake for about 20 minutes or until golden.
7. In a small bowl, combine melted butter and olive oil.
8. Remove pan from oven. Drizzle the melted butter and oil mixture over the cauliflower. Gently toss until evenly coated.
9. Return tray to oven to bake for another 20 minutes or until the cauliflower begins to crisp.
10. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.



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

Air Fryer Version

1. Follow steps 2-5 above.
2. Make one layer of florets in the air fryer basket.
3. Set the air fryer to 355 degrees F for 12 minutes, tossing florets halfway through.
4. Remove to bowl.
5. Drizzle melted butter and olive oil over the cauliflower.
6. Return florets to air fryer basket. Cook again at 355 degrees F for 5 to 7 more minutes or until florets begin to crisp.
7. Repeat steps to cook the remaining florets.
8. Serve with your favorite dressing and a few dashes of Buffalo sauce, if desired. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving Size: 1/2 cup bites
Cost per recipe: \$3.87
Cost per serving: \$0.48

Nutrition facts per serving:

100 calories; 5g total fat; 1.5g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 11g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

Jacqui Denegri,
Fayette County NEP
Assistant Senior,
University of Kentucky
Cooperative Extension

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UK Cooperative Extension Service

COOKING THROUGH THE Calendar

February 11, 2025

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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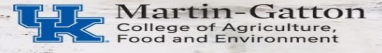
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Join us and travel to the

National Farm Machinery Show



The National Farm Machinery Show offers the most complete selection of cutting-edge agricultural products, equipment and services available in the farming industry. Business professionals from around the world gain knowledge and hands-on access to various technological advancements needed for the upcoming farming season

February 13th, 2025 Breathitt and Wolfe County

Pre-register by QR code or by calling

Breathitt
606-666-8812

Wolfe
606-668-3712



We will be leaving from Breathitt County Extension Office at 8:00am and return at 7:00pm.

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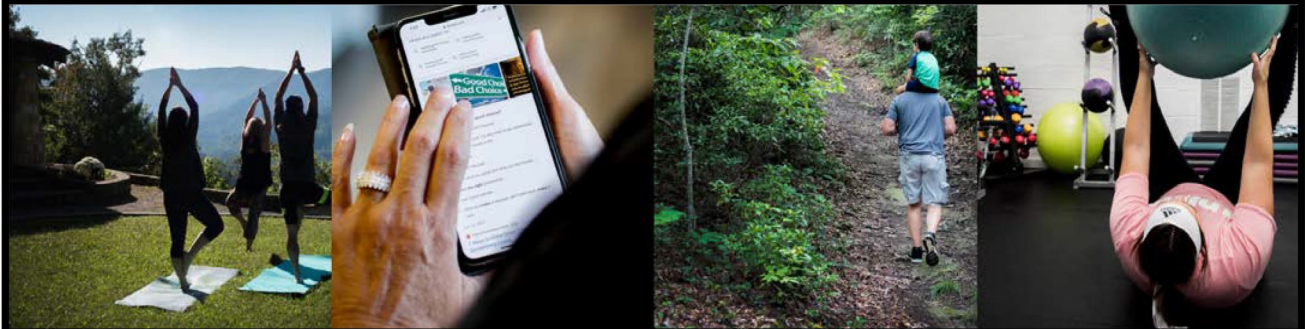


FINANCIAL LITERACY

February 20, 2025

From 5:30 to 6:30

With Kim Fallen



Make Better Choices 2

If you live in Eastern Kentucky, researchers at the University of Kentucky invite you to participate in a free healthy living study. Make Better Choices 2 (MBC2) employs technology to help you eat better, sleep better, relax more, and move more. MBC2 brings an innovative new program, which may improve health, to Eastern Kentucky.

Study participants will:

- Use a new health app and a Fitbit to track health behaviors
- Work with trained health coaches
- Receive \$ incentives for meeting goals

You may be eligible to participate if you:

- Are 18 years or older
- Are willing to participate in 3 health checks at a location convenient to you. Options include our study office in Benham, St. Claire Regional Medical Center in Morehead, UK Health Care in Lexington, and your local provider.

To learn more visit our website at

MakeBetterChoices2.com or scan this QR code:



For more information
Deanna Sherman
makebetterchoices2@uky.edu
MakeBetterChoices2.com

www.UKclinicalresearch.com

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Campton, KY

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

RETURN SERVICE REQUESTED

Valentines Day is Friday, February 14, 2025!



Country Ham and Broccoli Grits

1 tablespoon olive oil
1 pound fresh broccoli florets
½ cup minced onion
¾ teaspoon crushed red pepper flakes

2 cloves minced garlic
4 cups 1% milk
1 cup uncooked quick grits
1 cup 2%, shredded cheddar cheese

6 ounces country ham, cut into ½ inch pieces
1 large egg, beaten
Salt and pepper to taste

1. Preheat oven to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
2. Heat milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.
3. Remove from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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

