

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 January 2024



The bad news is time flies.

**The good news is you're
the pilot.**

Michael Altshuler

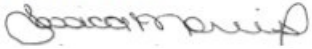
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Darian Creech


Wolfe CEA FCS-4H

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

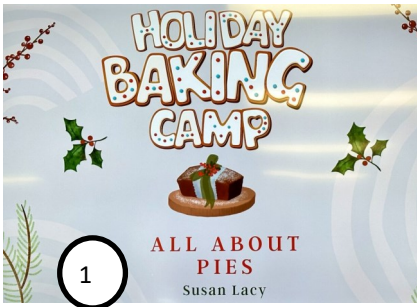
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.

UPDATES



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8

December Extension activities: "All About Pies ", part 3 of the Holiday Baking Camp, with volunteer instructor Susan Lacy, was completed. Participants took home a pie crust to bake at home. (photo 1-3)

The Cookie Workshop was the final session of the Baking Camp. Those who attended shared baking tips, and took home supplies to fill their home with the smell of fresh baked cookies. (Photo 4 & 5)

The Summer Sausage and Charcuterie Board is an annual fall event at our office, we had repeat attendees from previous years, and added some new learners to our crew. (Photo 6 & 7)

For 7 years, our office has been honored to receive letters to forward to Santa. Once again Santa and his chief elf set up the special mailbox for letter drop off. (Photo 8)



A close-up photograph of a white carbon monoxide alarm. A person's finger is pointing at the top of the device. The words "Carbon Monoxide Alarm" are printed on the front of the alarm.

Carbon Monoxide Exposure & Prevention

Friday, Jan. 19 at 10:00 AM, Wolfe County Extension Office

Being aware of carbon monoxide exposure and knowing the steps to prevent it, you can save lives. This lesson will help raise your awareness and knowledge about carbon monoxide, its negative health effects, and steps of prevention.

Call (606) 668-3712 to register.

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4-H Youth Development
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Gardening Tips



Home Vegetable Gardening in Kentucky <https://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf>

Before you begin every aspiring gardener should follow seven steps to have a successful gardening season:

1. Plan your garden on paper before you begin.
2. Select a good gardening site that is: a. in full sun for at least eight hours each day, b. relatively level, c. well-drained, d. close to a water source, e. dries quickly from morning dew.
3. Prepare the soil properly, conduct a soil test, and add fertilizer and lime according to U.K. test result recommendations.
4. Plan only as large a garden as you can easily maintain. Beginning gardeners often overplant, and then they fail because they cannot keep up with the tasks required. Weeds and pests must be managed, water applied when needed and harvesting done on time.
5. Grow vegetables that will produce the maximum amount of food in the space available.
6. Plant during the correct season for the crop.
7. Choose varieties recommended for Kentucky.

Table 6. Transplant production data.

Crop	Weeks from Seeding to Transplanting ⁴	Average Seedling Date	Seed Depth (in)	Seed Spacing		Soil Temp. (°F) Needed for Seeds to Germinate	Average Days to Emerge	Satisfactory Growth Temp.	
				Seeds/in	Rows Apart (in)			Day (°F)	Night (°F)
Cool Season¹									
Broccoli ²	5-7	Feb 5, July 1	¼	8	2	80	4-6	65	60
Brussels Sprouts	5-7	Feb. 5, July 1	¼	8	2	80	4-6	65	60
Cabbage	5-7	Jan. 20, July 1	¼	10	2	85	3-5	55	50
Cauliflower ²	5-7	Jan. 25, July 1	¼	8	2	80	4-6	65	60
Lettuce	5-7		¼	--	2	75	2-3	60	50
Onion	10-12		¼	--	2	75	4-5	65	55
Warm Season									
Cucumber ³	3-4	April 1	1	2 seeds per 4" x 4" pot, thinned to 1		95	3-6	75	70
Muskmelon ³	3-4	April 1	1			90	4-6	75	70
Squash ³	3-4	April 1	1			95	5-7	75	70
Watermelon ³ (seeded)	4-6	Mar. 25	1			85	4-6	75	70
Watermelon ³ (seedless)	4-6	Mar. 25	1			90	4-6	75	70
Tomato	4-7	Mar. 15	½	10	2	80	7-9	70	60
Eggplant	6-8	Mar. 10	¼	10	3	80	7-9	75	70
Pepper	6-8	Mar. 10	¼	10	2	80	8-10	70	65

¹ Cool-season crops are frost tolerant and can be set in the garden before the last frost. Warm-season crops are susceptible to frost and should not be set until the danger of the last frost is past.

² Do not allow broccoli or cauliflower to become deficient in nitrogen or water or exposed to cold temperatures when they are small.

³ Seed into individual containers (peat) that may be placed directly into the soil, because these crops will not tolerate root disturbance.

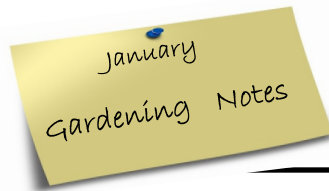
⁴ Allow an extra two weeks growing time if grown in plant beds.

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 Plan layout of garden plots; test germination of seeds saved from last year Garden Notes

Week 2 Decide on spring vegetable planting— how much and where—and map it out

Week 3 Many varieties of vegetables can be sold out by spring; if you have specific varieties you like, order seeds now for spring seeding and transplants

Week 4 Start your garden journal—keep notes on what you have done and plan to do

Growing Your Own Beginner Gardening

Remove any dead plant material from the garden and compost, throw away, or burn.

Soils are often wet during this month. Dry soil can be lightly worked for early planting in March. A shovel can be used to work small gardens and a rake or hoe can be used to smooth the soil. If your garden is large, you may want to use a tiller. If you do not have a tiller perhaps you could borrow one from a neighbor or rent one from a farm store or equipment rental company.

If you haven't done so in a few years, have a soil test done through your local extension office. Follow their advice, such as adding lime, and lightly work it into the soil. |

If you plan to garden in raised beds or containers you could begin looking for items. Raised beds can be unstructured or can be made of wood, stone, brick, or concrete blocks. Recycled buckets, tubs, animal feeding or watering troughs, or barrels could be used as containers for potting plants. Ensure that you can add holes to the bottom of the containers for water drainage. Make sure no chemicals have ever been stored in the container.

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,



Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies



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

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. 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.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add

another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.

8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
10. Refrigerate leftovers within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$19.19
Cost per serving: \$1.60

Nutrition facts per serving:

190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

Source:

Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service





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

JANUARY

31

WEDNESDAY

FARM

RECORDKEEPING

NOON @ BREATHITT CO. EXTENSION OFFICE

LUNCH PROVIDED

OR

5:30PM @ WOLFE CO. EXTENSION OFFICE

DINNER PROVIDED

What we'll cover:

- LIVESTOCK RECORDS**
- GARDEN/CROP RECORDS**
- CHEMICAL RECORDS**
- FARM TAXES**
- RECORDKEEPING APPS/PROGRAMS**

Speakers: Reed Graham, Breathitt ANR agent

Jessica Morris, Wolfe ANR

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 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

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 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.

January 2024

SUN

MON

TUE

WED

	1 Holiday Office closed	2	3 Livestock Club-3:15 to 4:30 PM
7	8	9	10
14	15 Martin Luther King Day office closed <i>Country Ham Curing for paid and reserved participants</i>	16 Commodity day for approved Wolfe Co Citizens over age 60	17
21	22	23	24
28	29	30	31 <i>Farm Record Keeping at : Breathitt Co Extension -12 Noon Or Wolfe Co Extension at 5:30 PM</i>

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

THU

FRI

SAT

4	5	6
11 Sit & Sew 2:00 to 5:00	12	13
18 Cooking Through the Calendar At 11:00 AM	19 <i>FCS Meeting– Carbon-monoxide awareness at 10 AM</i> ANR –Carbon Credits at 6 PM at Breathitt Co Extension	20
25 Sit & Sew 2:00 to 5 PM	26	27

Reminder in the case of hazardous road conditions classes and projects may be cancelled. Please call or check our face book page before coming.

JANUARY 19TH
6:00PM AT THE BREATHITT COUNTY
EXTENSION OFFICE

DINNER PROVIDED

CARBON CREDITS FOR WOODLAND OWNERS



Jordan M. Shockley, Ph.D.
Associate Extension Professor –
University of Kentucky

Please call your local
extension office to
register:
Breathitt
Knott
Lee
Morgan
Owsley
Perry
Wolfe



Jacob J. Muller, Ph.D.
Assistant Professor of
Hardwood Silviculture and
Forest Operations Extension

- Topics to be covered:**
- *What is driving carbon markets
 - *Structure of carbon markets
 - *Current carbon programs
 - *How much I will get paid
 - *Concerns from an economist

- Topics to be covered:**
- *Why we are concerned about carbon
 - *How carbon is stored in our woodlands
 - *What wood landowners can do to increase their carbon-storing potential
 - *And working with a forester

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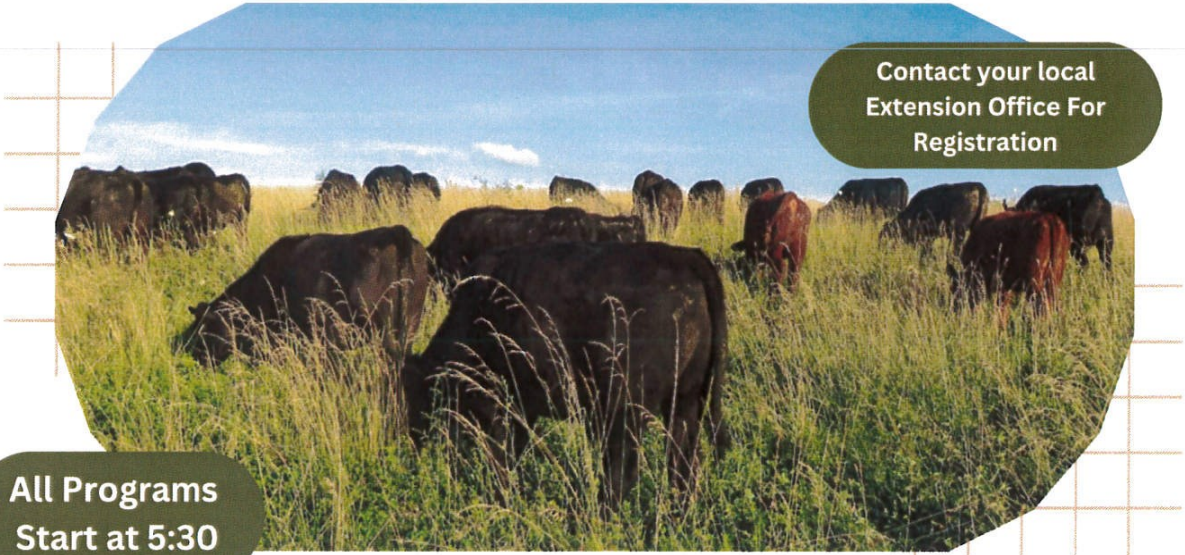
01.03.24
Save the Date



4-H LIVESTOCK CLUB

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

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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UK Cooperative Extension Service

COOKING THROUGH THE Calendar

January 18, 2024

11:00 AM

Wolfe County Extension Office

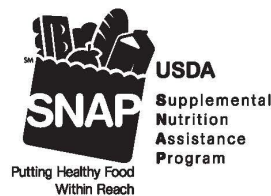
For more information on how you can attend these **FREE** cooking classes, please contact your local Cooperative Extension office:

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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Lexington, KY 40506



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Sit & Sew

BRING YOUR OWN PROJECTS TO COMPLETE

Thursdays - January 11th and 25th

2-5 PM

Wolfe County Extension Office

**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



Country Ham and Broccoli Grits

1 tablespoon olive oil	2 cloves minced garlic	6 ounces country ham, cut into ½ inch pieces
1 pound fresh broccoli florets	4 cups 1% milk	1 large egg, beaten
½ cup minced onion	1 cup uncooked quick grits	Salt and pepper to taste
¾ teaspoon crushed red pepper flakes	1 cup 2%, shredded cheddar cheese	

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.

