



# Extension Edition

Cooperative Extension Service

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

## Wolfe County Cooperative Extension Newsletter March 2023



"If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome."

Anne Bradstreet

### In This Issue;

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- Drop-it Like it's Hot-Health Challenge
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Heather Graham  
*Heather K. Graham*  
Wolfe CEA/Agriculture & Natural Resources

Jessica Morris  
*Jessica Morris*  
Wolfe CEA/4-H Youth Development



Wolfe County Extension Office





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# Thank you

As many of you may have heard by now, March 21st will be my last day as Wolfe County's Agriculture & Natural Resources Extension Agent. I can't begin to explain how much I have enjoyed serving our county and all of the wonderful people here. For seven years you all have supported me, encouraged me, and more importantly, become my friends. Thank you!

Luckily in my new role I can continue to work with Extension and will get to work with many of you! I will be the Eastern KY Value Chain Coordinator for The Food Connection and will work with farmers and community partners to get KY grown/raised products into more places.

If you have agricultural related questions after March 21, you can still contact the Wolfe County Extension Office and they will assist you. And if there's ever anything that I can do to help, you can still reach me at: [heather.graham@uky.edu](mailto:heather.graham@uky.edu).

Not goodbye, just see you later!

Heather



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# Fruit Tree Grafting Class

Participants will get to graft their own apple tree to take home!

Thursday, March 9

5:00pm

Wolfe Co. Extension Office

Please call 606-668-3712 to register to ensure there are enough supplies

Class meets CAIP educational requirements



# Wolfe County Farmers Market

## Vendor Meeting & Training

This meeting is a requirement for anyone that wants to sell at the Wolfe Co. Farmers Market in 2023.

**Thursday, March 16**

**10AM**

Wolfe County  
Extension Office







## Getting Ready for Spring

By Derrick Snyder - National Weather Service Paducah, KY

March is when the traditional springtime thunderstorm season begins to ramp up in the Commonwealth. As we all know, some of these storms can be real doozies, and it's important we're prepared to weather them. Here's a few tips to help keep you and your loved ones safe:

1. **Stay informed:** Make sure you've got a weather radio or follow a trusted news station to stay on top of what's brewing. Your local National Weather Service offices offer free storm spotter training classes during this time of year, and these courses are excellent ways to learn about how severe thunderstorms form and how to stay safe around them. Call your local office to find out more information about a spotter training near you.
2. **Have a plan:** Make sure you and your family have a designated place to take shelter and a plan for how to stay in touch with one another during a storm. Write it down and keep it handy, just in case. Don't forget to practice your plan too!
3. **Stock up:** Keep a well-stocked pantry with enough non-perishable food and water to last a few days, in case of power outages or other emergencies. Other items to keep on hand in case of an emergency include extra clothes, medications, cash, and a first aid kit. See the list below for additional supplies.
4. **Secure your property:** Make sure any loose items around your property are secured to prevent them from becoming dangerous projectiles during high winds. Consider moving livestock to a safe place and securing any loose roof shingles to prevent damage to your home, farm buildings, or workshops.

Don't forget, there's plenty of resources out there to help you get prepared for severe weather. The National Weather Service, Federal Emergency Management Agency (FEMA), and your local emergency management office can all provide you with valuable information on what to do before, during, and after a thunderstorm. Learn more about making an emergency plan at [www.ready.gov/plan](http://www.ready.gov/plan).

So, don't wait until it's too late! Take a little time now to get ready for springtime thunderstorms in the Bluegrass State, and you'll be ready to weather whatever comes your way.





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# JOIN US

**DATE:** THURSDAY, MARCH 23

**TIME:** 5:30 PM

**LOCATION:** PERRY CO. EXTENSION OFFICE

933 Perry Park Road

Hazard, KY

CALL YOUR LOCAL EXTENSION OFFICE TO REGISTER

Program meets CAIP educational requirements

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## SPEAKERS:

**Jimmy Henning - UK Forage Specialist**

Establishing & maintaining hay fields

**Kasey Kohl - Meade Tractor**

Features & benefits of hay equipment

**Doug Wilson - Division of Conservation**

Grant opportunities

## MEAL PROVIDED BY:

Meade Tractor, Hazard

CUSTOM HATS FOR MCA MEMBERS!

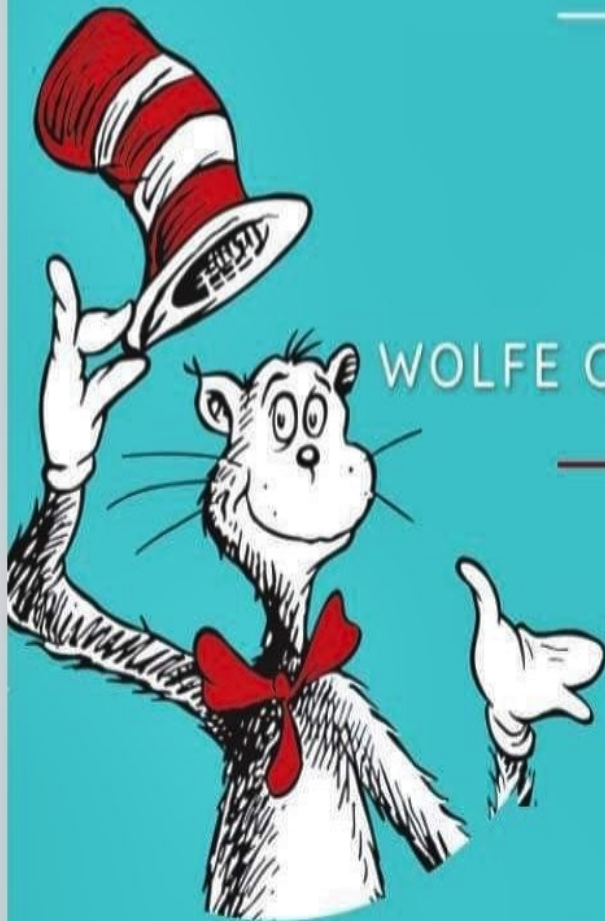
DOORPRIZES!

A white L-shaped corner graphic is located in the bottom-right corner of the text area.

*Join us for all the fun!*

4 - H

# *Cloverbud Club*



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MONDAY

MARCH 1, 2023

4:00PM-5:00PM


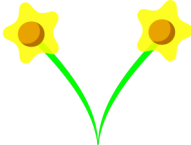
WOLFE COUNTY EXTENSION OFFICE

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*Please call 606-668-3712 to register so we have enough supplies!*

# MARCH

Sun	Mon	Tue	Wed
		<i>Adult Ed classes are held Tuesdays in our Project Room</i>	<i>1 Clover-buds 4 to 5 PM call to register</i>
5	6	7	8
12  <i>Daylight Savings Begins</i>	13	14	15
19	20 <i>1st day of Spring</i> 	21 <i>Commodity Day for pre-approved clients</i>	22
26	27	28	29 <i>Health Fair 1 to 5 PM</i>



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

<div style="display: flex; justify-content: space-around; padding: 5px;"> <span style="font-size: 1.2em; font-weight: bold;">Thu</span> <span style="font-size: 1.2em; font-weight: bold;">Fri</span> <span style="font-size: 1.2em; font-weight: bold;">Sat</span> </div>		
2	3	4
<p>9</p> <p><i>Tree Grafting Class</i> <i>At 5 PM -register</i></p>	<p>10</p> <p><i>Plant sales due</i> <i>before today</i></p>	11
<p>16</p> <p><i>Farmers Market-</i> <i>Training at 10 AM -register</i> <b><i>Brunch &amp; Learn 10 AM regis-</i></b> <b><i>ter</i></b></p>	<p>17</p> <p><i>Saint Patrick's Day</i></p> <div style="text-align: center; margin-top: 10px;">  </div>	18
<p>23</p> <p><i>Mountain Cattleman's</i> <i>5:30 PM –Perry Co Exten-</i> <i>sion register</i></p>	24	25
30	31	<p><b>Please Note: In case of inclement weather, call the office to determine if programs have been cancelled.</b></p> <p><b>4-H programs <i>will</i> be cancelled if school is cancelled.</b></p>



MARCH 29  
1-5 PM

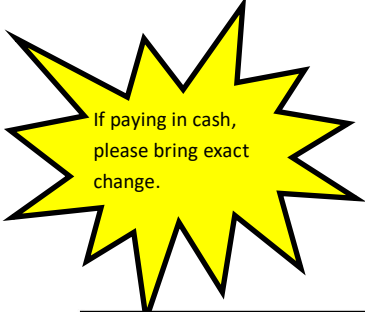
OPEN  
HEALTH  
FAIR

YOUR  
HEALTH  
IS OUR  
PRIORITY

WOLFE CO EXTENSION

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# 2023 Plant Order Form

## Cooperative

### Extension Service

Wolfe County  
PO Box 146  
20 N Washington St.  
Campton, KY 41301  
606-668-3712  
wolfe.ca.uky.edu

**Purchaser Information:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Quantity	Item	Unit Price	Total
_____ bundles	Strawberries (Allstar) (June bearing—larger berry)	\$5.00 (bundle of 25)	
_____ bundles	Strawberries (Earliglow) (June bearing—smaller, sweeter berry)	\$5.00 (bundle of 25)	
	Blackberries (Natchez)	\$4 each	
	Blueberries (Duke) (two varieties needed for pollination)	\$8 each	
	Blueberries (Chandler) (two varieties needed for pollination)	\$8 each	
	Raspberries (Prelude) - bare root	\$4 each	
	Bristol 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 10, for all plant orders. Make checks payable to: Wolfe County Extension**

Payment Information:  
 Amount Paid: \_\_\_\_\_  
 Date: \_\_\_\_\_  
 Received by: \_\_\_\_\_  
 Check No.: \_\_\_\_\_ or Cash \_\_\_\_\_

*Plants are expected to ship from the nursery during the first week of April. We will contact you when your plants are ready for pick-up.*

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.



# Brunch & Learn

THURSDAY MARCH 16, 2023

WOLFE COUNTY EXTENSION OFFICE

10:00AM

TRANSFERRING CHERISHED POSSESSIONS - KELSEY SEBASTIAN, PERRY FCS  
ESTATE PLANNING CAN BE A COMPLICATED PROCESS, ESPECIALLY WHEN  
CONSIDERING HOW TO TRANSFER PERSONAL PROPERTY TO PEOPLE WHO WILL  
WANT AND CARE FOR IT AFTER YOUR DEATH. CHARTING A COURSE OF ACTION AS  
YOU BEGIN IS A WAY TO PROVIDE CLARITY WHEN CREATING AN ESTATE PLAN FOR  
YOUR NON-TITLED POSSESSIONS.

Please call 606-668-3712 to register!





# DROP IT

# LIKE IT'S HOT

## New Monthly Program

At each weigh in you will make **goals** for yourself and for the next 12 months you will have different **health** challenges for each month. You can come weigh in at your convenience. **Call to register 606-668-3712.**

**Weigh in: First Week of EACH month**

**Time: 8:00AM - 4:30PM**

**Location: Wolfe County Extension Office**

**For: Anyone looking to make a healthy change**





# Share Your Recipes with Us!

Help us compile your favorite recipes and those from loved ones who have gone on before us! We will be creating a cookbook to highlight the wonderful rich history we have in the kitchen in Wolfe County!

*Legends of the Kitchen*

COOKBOOK

COMING SPRING 2023





# Vegetarian Taco Soup

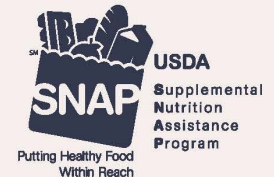


- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-salt-added tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-salt-added corn, drained
- 1 can (15 ounces) no-salt-added diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat olive oil in a large pot on the stovetop over medium heat.
3. Add diced onion and stir well.
4. Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
5. Add remaining ingredients and bring to a boil.
6. Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
8. Refrigerate leftovers within 2 hours.

**Optional toppings:** cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

**Makes 14 cups Serving size: 1 cup Cost per recipe: \$9.11 Cost per serving: \$0.65**



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

## Nutrition facts per serving:

220 calories;  
3.5g total fat;  
0g saturated fat; 0g trans fat; 0mg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

## Source:

Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension





University of Kentucky  
College of Agriculture,  
Food and Environment  
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RETURN SERVICE REQUESTED



## Lean Green Lettuce Tacos

<b>8</b> large lettuce leaves	<b>¾ pound</b> extra lean ground beef	<b>1 tablespoon</b> finely chopped cilantro
<b>1½ cup</b> cooked brown rice	<b>1</b> small zucchini, chopped	<b>1 teaspoon</b> lime juice
<b>¾ cup</b> fresh corn kernels	<b>1 ounce</b> packet low-sodium taco seasoning	<b>1</b> tomato, chopped
<b>1 cup</b> canned black beans, drained and rinsed	<b>4 ounces</b> low sodium tomato sauce	<b>1</b> small red onion, chopped
<b>1 tablespoon</b> olive oil		

**Wash** and **dry** lettuce leaves. **Prepare** rice according package directions. **Cut** corn off cob. **Drain** and **rinse** black beans. In a skillet, **heat** the oil to medium; **add** ground beef and begin to **cook**. When beef begins to brown, **add** zucchini, corn and black beans to skillet. Continue to **cook** until vegetables are tender and beef is done. Do not overcook. **Add** in taco seasoning and tomato sauce and heat through. **Add** cilantro and lime

juice to the cooked rice. **Place** equal amounts of rice mixture and taco mixture into lettuce leaves. **Top** each taco with chopped tomato and onion.

**Yield:** 8 servings

**Nutritional Analysis:** 180 calories, 4.5 g fat, 1 g saturated fat, 20 mg cholesterol, 350 mg sodium, 23 g carbohydrate, 4 g fiber, 5 g sugars, 12 g protein.