

Extension Edition


Cooperative Extension Service

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

Wolfe County Cooperative Extension Newsletter March 2025

		
<p>Bethany Kirby 4-H Youth bethany.kirby@uky.edu</p>	<p>Andrew Warren Family & Consumer Sciences andrew.warren@uky.edu</p>	<p>Jessica M. Denniston Agriculture & Natural Resources jessica.morris@uky.edu</p>

"March: A month to plant seeds of happiness and watch them bloom " unknown




- In This Issue:**
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 - Countdown to Kindergarten
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 - NEP Calendar Recipe- Air Fryer Fish
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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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FARMERS MARKET VENDOR TRAINING

Plan on selling products at the Wolfe County Farmer's Market? Attend the training!

WEDNESDAY MARCH 26 | 5:00PM

- ✓ Application to Participate
- ✓ Rules and Regulations
- ✓ SFMNP Training (to accept vouchers)
- ✓ WIC Training (to receive vouchers)

REGISTER NOW

☎ 606-668-3712

Wolfe County Extension Office



Countdown 2 Kindergarten

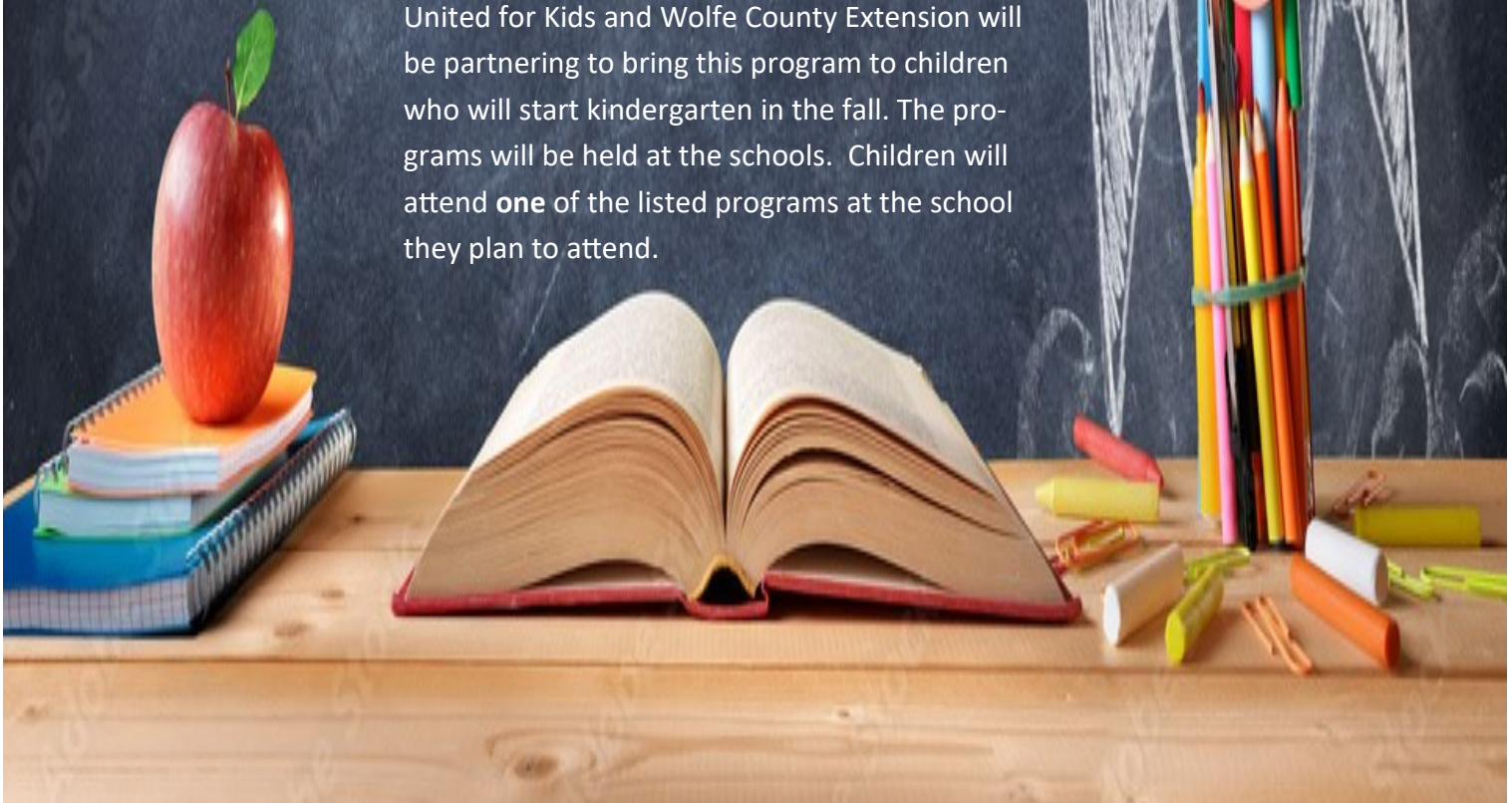
Register at the school that your child will attend Fall 2025

Rogers Elementary March 12 5:30 PM call 668-8305

Campton Elementary March 19 5:30 PM call 668-8107

Red River Elementary March 26 5:30 PM call 662-8252

Family Resource staff, your local school staff, United for Kids and Wolfe County Extension will be partnering to bring this program to children who will start kindergarten in the fall. The programs will be held at the schools. Children will attend **one** of the listed programs at the school they plan to attend.



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.





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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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Lexington, KY 40506



Equality is a commitment of a College of Agriculture.

FARMING SPRING



TO DO LIST



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High Mag Mineral & Bloat Guard

The first green up of spring is always a bright spot in the year. make sure you're preparing your cattle for it! This is the time you want to be feeding a high magnesium (High Mag) bagged mineral. You also want to have a free choice bloat guard available to protect against frothy bloat!

Using Manure as Fertilizer on Gardens

Do you know the 90 & 120 Day Rule?
For all those vegetable crops that have produce that do not touch the soil (ex corn) the manure must be incorporated into the soil 90 days prior to picking! For all those vegetables that can contact the soil, the manure must be incorporated 120 days prior to picking for consumption!

Spray for Poison Hemlock & Buttercup

Early Spring is the perfect time to spray to control buttercup and poison hemlock. This helps the herbicide work while the plants are young and tender prior to flowering. For chemical control, herbicides registered for use on grass pastures that contain 2,4-D will effectively control. For best results do when the air temp will be higher than 50 degrees for 2-3 consecutive days! For other control methods clip prior to the plant flowering.

Soil Tests

There is no better time than now to get soil tests completed for your gardens and pastures! We will be coming up on the time to apply nitrogen before you know it! Please contact us if you need help obtaining your soil sample. We have soil probes available for check out Monday - Friday, 8:00AM - 4:30PM

Maintenance Equipment

Take this opportunity to prep all of your equipment for the upcoming hay season. Take advantage of getting your seeding and hay equipment serviced before you get ready to use them. Your dealer will thank you plus you will beat the rush and be ready to run when the time comes. As we all know spring will fly by and it will be hay season before we know it!

BSE Checks for Bulls

It is important to have those breeding age bulls checked yearly through a breeding soundness exam to make sure they are still sound and ready to breed your herd. An open herd of cows from a nonfertile or injured bull can cost a producer thousands of dollars. Vets can complete them for around \$125. We will be hosting a clinic for free in April.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

March

Sun

Mon

Tue

Wed

2	3	4	5
9	10	11 Cooking Through the Calendar at 11:00 PM <i>4-H Art Club after school til 5:00 PM</i>	12 Countdown to Kindergarten for students starting Rogers in Fall 5:30 PM
16	17 Bee Keepers	18 Commodity Distribution for pre- approved Wolfe County Residents who meet income guidelines	19 Countdown to Kindergarten for students starting Campton in Fall 5:30 PM
23	24 4-H Cooking Club 5:30	25	26 Countdown to Kindergarten for students starting Red River in Fall 5:30 PM Farmers' Market Training 5 to 6 PM
30	31 4-H Chess Club 3-5		



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

Thu

Fri

Sat

			1
6 Plant orders and payment due today	7		8
13 Brunch & Learn with FCS at 10:00 AM Sit N Sew 2:00 to 5:00 PM	14		15
20 Beef Soundness Exams at Robinson Station-Breathitt Co. Appointment necessary 4-H Garden Club after school til 5:00 PM	21		22
27 Sit N Sew 2 to 5 PM	28 Homeschool Club at 1:00 PM		29



WOLFE COUNTY EXTENSION OFFICE

Monday March 17 - 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 – March

13th and 27th at

2:00-5:00 PM

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



*Brunch & Learn with
Family & Consumer
Sciences*



The topic will be “Entertaining Little Ones”
with Rosa Smith, FCS Agent Owsley County

March 13 at 10:00 AM



Crunchy Air Fryer Fish

Prep time: 10 minutes

Rest 10 minutes

Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the

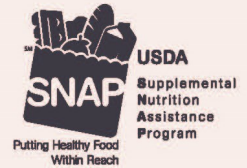


preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.

6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts per serving:

230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service

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Lexington, KY 40506



Disabilities accommodated with prior notification.



UK Cooperative Extension Service

COOKING THROUGH THE Calendar

March 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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Wolfe County 4-H March Events

March 11th; 3:30-5: 4-H Art Club

Youth will be led through a painting using acrylic paint.

March 20th; 3:30-5: 4-H Garden Club

Youth will be taught basics of gardening and help with the Wolfe County Community Garden project.

March 24th; 3:30-5: 4-H Cooking Club

Youth will be led through a cooking demonstration of different foods from around the world.

Please call 606-668-3712 to register your child for these programs.

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4-H CHESS CLUB

For all skill levels! Ages 9+



March 31, 3-5pm
Wolfe County Extension Office
Call 606-668-3712 to Register



Cooperative
Extension Service

Non Profit
US Postage Paid
Permit # 4
Campton, KY

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

RETURN SERVICE REQUESTED

March 20th is the first day of Spring!



Spinach Pasta Bake

2 cups whole wheat penne pasta	1½ teaspoons dry basil	1 can (14 ounces) Italian diced tomatoes, drained
1 pound lean ground beef	1 teaspoon garlic powder	10 ounces fresh spinach, chopped
1 large onion, chopped	1 teaspoon dried oregano	1 cup low-fat shredded Mozzarella cheese
1 large carrot, shredded		
1 teaspoon black pepper		

Preheat oven to 350 degrees F. **Cook** pasta according to package directions. **Drain** and **cover** to keep warm. In a large skillet over medium heat, **cook** the beef and onions until beef is no longer pink. **Drain. Return** beef to skillet. **Add** carrots and spices and **cook** an additional two minutes. **Stir in** tomatoes. **Reduce** heat to low. **Cover** and **simmer** 10 minutes. **Add** pasta and

spinach and mix well. **Cover** and **cook** an additional 3 minutes or until spinach is wilted. **Pour** into greased 3-quart baking dish. **Sprinkle** with Mozzarella cheese. **Bake**, uncovered for 10 minutes. **Yield:** 9, 1 cup servings
Nutritional Analysis: 200 calories, 4.5 g fat, 2 g saturated fat, 35 mg cholesterol, 270 mg sodium, 25 g carbohydrate, 4 g fiber, 4 g sugars, 18 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>