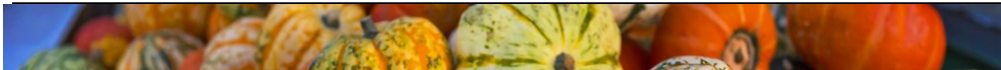


Extension Edition

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 October 2024



Wolfe County Farm & Home Safety Field Day-October 1, 2024!



As long as autumn lasts, I shall not have hands, canvas and colors enough to paint the beautiful things I see.

Vincent Van Gogh

- In This Issue:*
- Holiday Roadshow
 - 4-H Garden Club
 - Trunk or Treat
 - Gardening Tips
 - Field Day at RCARS
 - Hay contest
 - Brunch & Learn
 - Calendar
 - Senior Citizens Cooking
 - Growing Your Food Business
 - Bee Keepers Meeting
 - Sit & Sew
 - NEP Calendar Recipe
 - Cooking Through the Calendar
 - Wolfe Co Farm & Home Safety Day
 - Non-Discrimination Statement
 - Summer Sausage Workshop
 - Recipe-Fall Spiced Pumpkin Bread

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.

JOIN US FOR THE
HOLIDAY
ROADSHOW



NOVEMBER

6

10:00 AM



Wolfe County
Extension Office
Call to Register
606-668-3712



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.



4-H Garden Club

Next Meeting

Oct 24, 2024 at 3:30 PM



TRUNK OR TREAT CAR CRUISE-IN

LOOK AT CARS | KIDS PLAY GAMES | TRUNK OR TREAT

WOLFE COUNTY EXTENSION OFFICE

FRIDAY OCT 25, 2024

6:00PM - 7:30PM



CONTACT

606-668-3712



**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.



An excerpt from: **Cover Crop Benefits and Challenges in Kentucky** Dan Quinn, Hanna Poffenbarger, and Chad Lee, Plant and Soil Sciences, Publication AGR-240

Cover-crop Benefits Soil-erosion Prevention Winter cover crops provide an actively growing surface barrier holding soil in place and preventing soil erosion during winter and early spring months when most cash crops are not growing. Grass cover crops such as cereal rye, winter wheat, and annual ryegrass produce large, fibrous root systems which help hold the soil together. The loss of topsoil decreases soil productivity and increases the amount of sediment in surface water systems.

Uptake and Storage of Environmentally Harmful Nutrients Excess soil nutrients such as nitrogen and phosphorus can be lost from the soil and contaminate water resources. Most cover crops have deeper rooting systems than winter annual weeds, allowing the cover crops to uptake residual fertilizer and nutrients released from soil organic matter. Cover crops can store those nutrients and possibly recycle them to the following cash crop. Cover crops such as cereal rye can reduce soil nitrate levels in drainage water by approximately 50 percent.

Improved Soil Water Infiltration and Retention Cover crops can help provide a buffer for increasing weather variability that causes both saturated and drought soil conditions. As they grow, cover crops use water, which reduces soil saturation following high rainfall. Cover crop roots explore the soil during periods of the year when the ground is relatively soft, establishing root channels that can be used by cash crop roots during drier summer months. In addition, research in Kentucky has shown annual ryegrass, a different species from cereal rye, has the potential to ameliorate fragipan soils through the release of chemical compounds from the roots. Following termination, cover crop residue helps to increase infiltration by preventing surface sealing and slowing runoff. In addition, cover crop residue can reduce the rate of soil water evaporation, improving water retention under drought conditions.

Increased Soil Organic Matter After termination, cover crop shoots and roots decompose, release nutrients and stimulate microbial activity and soil aggregate formation. During this process, a portion of the cover crop residue becomes incorporated into the soil as organic matter. Soil organic matter benefits crop growth by storing and supplying nutrients to plants, improving soil tilth, and increasing plant-available water content.

Plant Nitrogen Contributions Legume cover crops such as crimson clover and hairy vetch can biologically fix nitrogen from the atmosphere and supply that nitrogen to the soil, thus reducing the need for synthetic nitrogen fertilizer inputs. One research study in Kentucky found that a hairy vetch cover crop can produce a nitrogen fertilizer equivalency of 67 pounds per acre for corn. The nitrogen contribution from legume cover crops typically increases as termination date is delayed. Depending on temperature and moisture conditions, release of nitrogen from the legume into plant-available forms can take several weeks to months. Currently, studies in Kentucky are ongoing to more accurately predict how much nitrogen a farmer could expect from a legume cover crop.

Weed Suppression Cover crops can reduce weed biomass both during growth due to competition, and following termination by producing a weed-suppressive mulch. Cover crops with rapid establishment and high biomass potential such as cereal rye and annual ryegrass can reduce winter weed biomass and density by as much as 50 to 100 percent prior to spring cash crop planting. However, farmers must be cautious with annual ryegrass as it is an aggressive weed in winter wheat and should not be used on farms where wheat is part of the rotation. Research in Kentucky has determined that if cover crop biomass is high enough, farmers may be able to eliminate either a pre-plant residual or a post-emergence herbicide application. High biomass cover crops can provide a longer window of weed control and reduce the risk of weed resistance development from a post-emergence application of glyphosate. In contrast, legume cover crops such as crimson clover do not provide strong weed control due to slower growth, reduced biomass, and fast decomposition following termination. However, grass-legume cover crop mixtures can be highly productive in combining both weed suppression and nutrient supply benefits to the subsequent cash crop.

Examples of ground cover: Cereal rye, winter wheat, annual ryegrass, daikon radish, turnip, crimson clover and hairy vetch.

Cover-crops –continued:

Termination Challenges Attributes that make a plant a good cover crop (e.g., root biomass production, aboveground biomass production, rapid establishment and growth, etc.) can also make the cover crop a major pest if not controlled properly (Figure 8). For example, Kentucky farmers utilizing annual ryegrass as a cover crop need to be aware of the spring termination difficulties associated with the cover crop due to its growth potential. Farmers should avoid using this cover crop in wheat rotations due to its capability of becoming a major pest in wheat. If not terminated properly prior to cash crop planting, cover crops can become weeds in the ensuing cash crop as well as produce seeds and establish a seed bank resulting in future weed problems.

Unfavorable Soil Moisture Conditions at Planting In dry springs, growing cover crops can deplete the soil profile of water needed for cash crop germination and growth. Therefore, the cover crop should be terminated earlier in dry springs to minimize water loss from the soil. In wet springs, cover crop residue on the soil surface can reduce the evaporation rate of water from the soil, thus keeping the soils too wet to plant for extended periods of time.

Delayed or Reduced Crop Emergence Related to soil moisture challenges, cover crop residue can delay soil warming. Delayed soil warming can make planting more difficult, delay time of planting, delay crop emergence, and ultimately reduce cash crop establishment and yield

Residue Equipment Interference Thick residue coverage formed by a cover crop can cause planter interference, poor furrow closure, and poor seed to soil contact of spring-planted cash crops. Additional equipment on the planter (e.g. row cleaners or coulters) and/or additional passes with other equipment (e.g. strip tillage equipment, roller crimpers, etc.) may be needed to combat cover crop residue during spring planting. Some farmers create strips with row cleaners a week or two prior to planting and terminate the cover crop near planting to remedy this. Others terminate the cover crop at least two weeks prior to planting to minimize residue interference. Whereas, some plant directly into green cover crops and terminate following planting as a method to handle residue. The right method likely depends on the weather and cover crop biomass each season. Farmers need to ensure that the planter is cutting through the cover crop residue and into the soil, placing the seed at the proper depth, and providing proper furrow closure. Whether farmers use strip tillage, row cleaners, earlier termination or other methods is a situational decision

Increased Seedling-disease Presence Certain cover crops are hosts to various soil pathogens, which increases pathogen populations. This could increase the risk of seedling diseases, which reduce plant populations, emergence, and yield. Cereal rye and other grasses can increase corn seedling disease potential, especially if the cereal rye cover crop is terminated less than two weeks prior to corn planting. Studies are currently ongoing in this area.

Increased Pest and Animal Pressure Actively growing cover crops can provide habitat and cover for certain insects, slugs, and voles, thus increasing pest populations (Figure 10). For example, a cereal rye cover crop can significantly increase field armyworm populations resulting in corn injury and yield loss. Increases in slugs will attract small animals such as skunks and raccoons, which will dig for these and other pests and kill young corn plants. These animals prefer to walk in fields with heavy residue.

Increased Cost, Labor, and Management Winter cover crops require additional cost and labor for cover crop seed and planting. If the spring cash crop planting requires additional equipment or additional passes of strip tillage or roller crimpers, these are additional costs and labor. If the cover crop requires additional nitrogen or reduces the stand of the cash crop, these are expenses. A cover crop will appear as expenses on the cropping systems budget. The benefits to long-term soil improvement are difficult to quantify in the short-term, but these values must be incorporated into the economics.

Summary Kentucky farmers were pioneers in no-tillage farming. Despite all the benefits of no-tillage farming, there are still challenges with the practice. Yet, most grain fields in Kentucky are either no-tillage or minimum tillage. Like no-tillage, there are some expected long-term benefits to cover crops; but there are some challenges as well. Ongoing research and continued trial and error on farms and conversations among farmers, crop consultants and university researchers will help us develop strong cover cropping practices that will help all of us protect our soils.



ROBINSON CENTER FIELD DAY

FREE FARM TOURS, DEMONSTRATIONS & WORKSHOPS
MAKE YOUR OWN CUTTING BOARD TO TAKE HOME!

THURSDAY, OCTOBER 3, 2024
4 PM-7:00 PM EST.

AT THE ROBINSON CENTER
130 ROBINSON RD, JACKSON, KY

FREE EVENT FOR ALL AGES | MEAL PROVIDED

 **Martin-Gatton**
College of Agriculture,
Food and Environment



FREE!
HAY TESTING

2024

EAST KENTUCKY

HAY CONTEST

SIGN UP EVEN IF YOU THINK YOUR HAY ISN'T THAT GOOD!

 **Cooperative
Extension Service**

TESTING PROVIDES: NUTRITIONAL VALUE OF HAY & HAYLAGE; RATINGS; & CAN RESULT IN: REDUCED FEED COSTS, INCREASED ANIMAL PERFORMANCE, & INFORMATION TO IMPROVE FORAGE STANDS

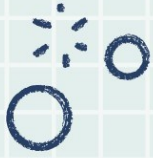
CALL: (606) 668-3712 TO SIGN-UP FOR A COLLECTION DATE

DEADLINE TO SIGN-UP IS 10/1/24

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





BRUNCH & LEARN

COMMUNICATION ESSENTIALS

Communication plays an important role in the leadership process. But effective communication isn't necessarily natural - it takes some work. Let's learn more about non-verbal communication & active listening.



OCTOBER 10, 2024 | 10:00 AM
WOLFE CO. EXTENSION OFFICE
CALL 668-3712 TO REGISTER

**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.

October 2024

Sun

Mon

Tue

Wed

	Hay Contest must register by Oct 1, 2024	1 Adult Ed 10:00 AM -Door 5 Wolfe Co Farm & Home Safety Night 5:30 PM at Hazel Green Park	2
6	7	8 Adult Ed 10:00 AM -Door 5	9
13	14 Senior Citizens Cooking call Senior Center for time	15 Adult Ed 10:00 AM -Door 5 Commodities for pre-approved Wolfe County Citizens over age 60	16
20	21 Beekeepers 5:30 PM	22 Adult Ed 10:00 AM -Door 5	23 Senior Citizen Cooking call Senior Center for time
27	28	29 Adult Ed 10:00 AM -Door 5 Summer Sausage Workshop Choose 10:00 am or 5:00 PM	30

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

Thu

Fri

Sat

<p style="text-align: center;">3</p> <p>Field Day At Robinson Station- Breathitt Co 4:00 to 7:00 PM <i>Sit & Sew 2:00 PM to 5:00 PM</i></p>	<p style="text-align: center;">4</p>	<p style="text-align: center;">5</p>
<p style="text-align: center;">10</p> <p>Brunch & Learn 10:00 AM</p>	<p style="text-align: center;">11</p> <p>Cooking Through the Calendar 11:00 AM</p>	<p style="text-align: center;">12</p>
<p style="text-align: center;">17</p> <p>Sit & Sew 2:00 PM to 5:00 PM</p>	<p style="text-align: center;">18</p>	<p style="text-align: center;">19</p>
<p style="text-align: center;">24</p> <p>4-H Garden Club 3:30 PM</p>	<p style="text-align: center;">25</p> <p>Trunk or Treat! 6:00-7:30 PM</p>	<p style="text-align: center;">26</p>
<p style="text-align: center;">31</p> <div data-bbox="402 1808 597 1997" data-label="Image"> </div>	<p>Looking Ahead:</p> <p>Holiday Roadshow November 6</p>	



Senior Citizen Cooking Classes

Join our fun and interactive class to learn how to create delicious, homemade meals. Whether a novice or an experienced cook, you'll enjoy crafting these meals.

Classes Available:

Letcher Co Extension Office -
September 24 and 30 (available to Letcher & Knott Co)

Wolfe Co Extension Office -
October 14 and 23 (available to Wolfe, Lee, Owsley Co)

Perry Co Extension Office (Annex Building) - October 15
and 18 (available to Perry, Leslie and Breathitt Co)

For more information on classes please call your local
senior center or KRADD 606-436-3158.

See you there!

Call Wolfe Co
Senior Citizens at
668-3954

GROWING YOUR FARM AND FOOD BUSINESS WORKSHOPS

Unlock new opportunities for your agribusiness with
KCARD staff and partners at our comprehensive
workshops on funding, business planning, and more!

October 23rd
Grand Rivers
Community Center
Grand Rivers, KY

November 13th
Washington County
Extension Office
Springfield, KY

November 19th
UK Robinson Center
(RCARS)
Jackson, KY



Kentucky Center for Agriculture
and Rural Development





WOLFE COUNTY EXTENSION OFFICE

October 21st, 2024 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

1st and 3rd Thursdays for October, November & December

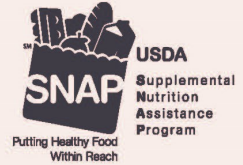
This month- October 3rd and 17th

2:00-5:00 PM

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



Sweet Potato Hash



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

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 teaspoon salt
- 1 1/2 teaspoons dried oregano
- 3/4 teaspoon black pepper
- 4 cloves garlic, minced, or 1/2 teaspoon garlic powder
- 2 pounds sweet potatoes, peeled and diced (1-inch cubes)
- 2 pounds boneless, skinless chicken breasts, fat trimmed and diced (1-inch cubes)
- 4 ounces baby spinach (about 4 cups)
- 2 tablespoons apple cider vinegar

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. Heat olive oil in a large sauté pan or pot (3 quarts or larger) over medium heat.
4. Add onion, salt, oregano, black pepper, and garlic. Sauté until onion and garlic begin to lose color, about 5 minutes.
5. Add sweet potatoes and chicken and cook, uncovered. Stir occasionally to prevent sticking and assure all ingredients are well mixed. Wash hands after handling raw poultry.
6. Cook until chicken reaches 165 degrees F using a meat thermometer, about 15 minutes.
7. Add spinach and vinegar and mix until spinach is thoroughly wilted and mixed with other ingredients. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1/8th of recipe
Cost per recipe: \$14.17
Cost per serving: \$1.77

Nutrition facts per serving:
 270 calories; 6g total fat; 1g saturated fat; 0g trans fat; 85mg cholesterol; 420mg sodium; 25g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

Source:
 Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior, University of Kentucky Cooperative Extension Service

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.



UK Cooperative Extension Service

COOKING THROUGH THE Calendar

October 11th,

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.

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.



FARM & HOME SAFETY FIELD DAY

October 1, 2024
5:30 PM

Hazel Green Park
202 Pet Lane
Hazel Green, KY 41332

Dinner | Free Event | Door Prizes

Brought to you by: Breathitt & Wolfe County Extension and Breathitt & Wolfe County Farm Bureau

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.

SUMMER SAUSAGE

Workshop



October 29, 2024

10 AM | 5 PM

15 Spots Available per Class

\$10

Wolfe County Extension Office
Must Call to Register!
606-668-3712



Come join us as we show you how to make your own summer sausage as well as how to put together a charcuterie board!

**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.

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

Wolfe County Farm & Home Safety Field Day-October 1, 2024!



Fall Spiced Pumpkin Bread

½ cup all-purpose flour	2 teaspoons pumpkin pie spice	½ cup honey
1¼ cup whole-wheat flour	½ teaspoon salt	2 cups pumpkin puree
1½ teaspoons baking powder	½ cup melted margarine	⅓ cup olive oil
1 teaspoon baking soda	½ cup sugar	2 eggs
		⅓ cup chopped walnuts

Heat oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

Yield: 16 slices

Nutritional Analysis: 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.