

# 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 April 2023



*The greatest test of courage  
on the earth is to bear defeat  
without losing heart.*

—Robert G. Ingersoll

### In This Issue:

- High Tunnel Production Basics
- CAIP Education Opportunities
- Eden Shale Farm Tour
- Produce Availability Chart
- Tomado Safety
- Calendar of Events
- Tree Seedlings
- Equal Opportunity Office Information
- Clover-Buds
- FCS Homemakers—Brunch & Learn
- Drop-it Like it's Hot-Health Challenge
- Legends of the Kitchen
- No Fuss Oven Frittata Recipe
- Dijon Chicken Asparagus Rolls

Heather Graham  
*Heather K. Graham*  
Wolfe CEA/Agriculture & Natural Resources

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



Wolfe County Extension Office





## HIGH TUNNEL PRODUCTION BASICS FOR BEGINNING FARMERS

This is a two-part webinar series followed by an in-person training. Webinar 1 will be presented by UK Extension Specialists Rachel Rudolph and Jonathan Larson and will discuss structures, site selection, and production basics, and pest management in a high tunnel system. Webinar 2 will be presented by UK Extension Specialists Nicole Gauthier and Shawn Wright and will cover disease and weed management. Webinars are free; pre-registration is required and attendance at both webinars is required in order to attend one of the hands-on workshops (locations to be announced).

**Registration here:**

[https://uky.az1.qualtrics.com/jfe/form/SV\\_55ByFf1llwoaCTs](https://uky.az1.qualtrics.com/jfe/form/SV_55ByFf1llwoaCTs)

### BEGINNING FARMER HIGH TUNNEL PRODUCTION BASICS

---

**WEBINAR 1:  
MARCH 23  
12-1:30 P.M.**

---

**WEBINAR 2:  
MARCH 30  
12-1:30 P.M.**

---

**CENTRAL KY  
IN-PERSON  
TRAINING  
(FRANKFORT):  
APRIL 12  
10 A.M. – 12 P.M.**

---

**EASTERN KY  
IN-PERSON TRAINING  
(WEST LIBERTY):  
APRIL 25  
5 P.M. – 7 P.M.**



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



# UPCOMING CAIP EDUCATIONAL OPPORTUNITIES

If you have been approved for CAIP, in order to receive your funding, you will need to complete an educational class.

APRIL

11

Eden Shale Farm  
DAY TOUR

Tour of Eden Shale Farm

Will leave from the Wolfe County Extension Office and travel to Owen County.

APRIL

18

Wolfe Co. Extension  
5:30PM

Pasture Grazing with Multiple Species

Webinar

APRIL

25

Wolfe Co. Extension  
10:00AM OR 1:00PM

Overview of KY Fence Law

Webinar

MAY

19

Wolfe Co. Extension  
10:00AM OR 1:00PM

Improving Hay Quality

Webinar



**MUST REGISTER BY CALLING:  
606-668-3712**

# TOUR

## Eden Shale Farm

### TUESDAY, APRIL 11



#### *What is Eden Shale?*

A 961 acre farm managed by the Kentucky Beef Network. The farm consists of 500 acres of forages and a commercial cowherd.



#### *What you'll see:*

Best management practices, that include centralized watering points, winter feeding, water harvesting and wind solar energy, among other emerging practices that are feasible for producers to implement on their own farms.



#### *Why should you go?*

This is a great networking opportunity for you to meet Agriculture Extension Agents from the region and other cattle producers. Not to mention, the chance to take ideas back to your operation!

**REGISTER BY**



Calling your local Extension Office by:

Friday, March 31



# Produce Storage Tips

When you buy Kentucky Proud, you're not only getting fresh, healthy, flavorful fruits and vegetables grown locally, you're also helping your community and farm families throughout the Commonwealth by keeping your dollars close to home.

*Properly storing your food reduces waste from spoilage, decreases the risk of foodborne illness, and ensures your farm-fresh food tastes great!*

## Place in a Cool, Dark Spot:

Basil, Berries, Cantaloupe, Corn, Eggplants, Garlic, Onions, Peaches, Pears, Potatoes, Plums, Squash, Sweet Potatoes, Tomatoes, Watermelon

### Best Practice:

Use berries on the countertop within 1-2 days. If longer, store in the fridge.

## Refrigerate in Crisper Drawer or Container:

Apples, Asparagus, Beans, Beets, Bok Choy, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Cilantro, Cucumbers, Greens, Kohlrabi, Mushrooms, Okra, Parsley, Peas, Peppers, Radishes, Turnips

### Trim the leafy tops off and then refrigerate:

Don't throw away your leafy tops; use them in pesto, soups, and even salads.

## Chef Tips:

- 01** Only wash your produce when you're ready to eat it! Washing early will cause the produce to spoil faster, especially berries and stone fruit.
- 02** Be sure to remove any rubber bands from your herbs and leafy greens. These break down the cells and can cause your produce to go bad faster!
- 03** Blanche and freeze vegetables you can't eat right away to preserve nutrients and enjoy the taste of summer all year long. To blanche, boil the whole or cut pieces of the vegetable for 12 minutes and then immediately place in ice cold water to stop the cooking process. This will keep your vegetables from getting freezer burn. Frozen vegetables will keep for up to a year. Freezing is not recommended for artichokes, Belgian endive, eggplant, lettuce greens, potatoes (other than mashed), radishes, sprouts, or sweet potatoes.



# Seasonal Produce Guide

In Kentucky, there's something wonderful about every season – and that's especially true for our huge variety of locally grown fruits and vegetables. Take a look below to find fresh choices for spring, summer, fall, and winter.

## Mar-May

### SPRING

- Asparagus (Apr-Jun)
- Greens (Apr-Nov)
- Kohlrabi (May-Jun)
- Lettuce (May-Jun)
- Maple Syrup (Feb-Mar)
- Green Onions (May-Jun)
- White Onions (Jan-Mar)
- Peas (May-Jun)
- Potatoes (Jul-Oct)
- Radishes (Apr-Jun)
- Strawberries (May-Jun)
- Sweet Potatoes (Oct-Mar)
- Turnips (May-Jun)
- Winter Squash (Jan-Mar)

## Jun-Aug

### SUMMER

- Apples (Jul-Dec)
- Beans (Jun-Sep)
- Beets (Jun-Nov)
- Blackberries (Jun-Oct)
- Blueberries (Jun-Jul)
- Broccoli (Jun-Jul)
- Brussels Sprouts (Jul-Nov)
- Cabbage (Jun-Jul)
- Cantaloupe (Jul-Sep)
- Carrots (Jun-Aug)
- Cauliflower (Jun-Jul)
- Sweet Corn (Jul-Sep)
- Cucumbers (Jun-Sep)
- Eggplant (Jun-Sep)
- Garlic (Jun-Aug)
- Grapes (Aug-Sep)
- Greens (Apr-Nov)
- Kohlrabi (May-Jun)
- Okra (Jun-Sep)
- White Onions (Jan-Mar)
- Peaches (Jun-Aug)
- Peppers (Jul-Sep)
- Plums (Jul-Sep)
- Potatoes (Jul-Oct)
- Raspberries (Jun-Sep)
- Rhubarb (Jun-Sep)
- Summer Squash (Jun-Oct)
- Tomatoes (Jul-Oct)
- Watermelons (Jul-Oct)
- Zucchini (Jun-Oct)

## Sep-Nov

### FALL

- Apples (Jul-Dec)
- Beans (Jun-Sep)
- Beets (Jun-Nov)
- Blackberries (Jun-Oct)
- Blueberries (Oct-Nov)
- Bok Choy (Aug-Nov)
- Brussels Sprouts (Jul-Nov)
- Cabbage (Oct-Nov)
- Carrots (Oct-Nov)
- Cauliflower (Oct-Nov)
- Greens (Apr-Nov)
- Kohlrabi (Sep-Oct)
- Lettuce (Sep-Oct)
- Nut Crops (Sep-Nov)
- Okra (Jun-Sep)
- Green Onions (Oct-Nov)
- White Onions (Jul-Sep)
- Pawpaws (Aug-Oct)
- Pears (Aug-Nov)
- Peppers (Jul-Sep)
- Plums (Jul-Sep)
- Potatoes (Jan-Mar)
- Pumpkins (Sep-Nov)
- Radishes (Sep-Nov)
- Raspberries (Jun-Sep)
- Rhubarb (Jun-Sep)
- Sorghum (Sep-Nov)
- Summer Squash (Jun-Oct)
- Sweet Potatoes (Oct-Mar)
- Tomatoes (Jul-Oct)
- Watermelons (Jul-Oct)
- Winter Squash (Aug-Nov)
- Zucchini (Jun-Oct)



## Dec-Feb

### WINTER

- Apples (Jul-Dec)
- Maple Syrup (Feb-Mar)
- White Onions (Jan-Mar)
- Potatoes (Jan-Mar)
- Sweet Potatoes (Oct-Mar)
- Winter Squash (Jan-Mar)

Greens refer to any number of different plants, including the traditional spinach, mustard, collard, turnip, etc., as well as newer Asian varieties and Swiss chard.

Through the use of season extension methods, many of the availability dates are commonly extended in either direction for many of these crops.



# Tornado Safety

## For Rural Communities

Each year, the United States experiences an average of 1,200 tornadoes. Many strike rural areas and cause little damage, and most have paths well under one mile in length and winds under 100 mph. However, a few tornadoes can become large and violent, with wind speeds approaching 300 mph, tracking tens of miles and leaving swaths of destruction and death.

In Kentucky, tornadoes have occurred during every month of the year and at every hour of the day. However, they occur most frequently from March through June and typically between 3 and 10 PM. Nighttime tornadoes are often more dangerous as they are harder to see and most people are sleeping.



When tornado warnings are issued from the National Weather Service, NOAA Weather Radios relay these warnings to Kentucky's population. Some communities relay weather information via additional methods, such as sirens. Contact your community leaders, local emergency manager, and/or cooperative extension office to find out what methods are available in your community.

**Tornado Watch (PREPARE):** A Tornado Watch is issued by the National Weather Service when conditions will be favorable for the development of tornadoes. (Can be a large region, usually issued hours in advance)

**Tornado Warning (TAKE ACTION):** A Tornado Warning is issued by the National Weather Service when a tornado is likely to develop, or someone has observed a tornado ongoing. (Small scale, issued minutes in advance).

## The Signs of a Tornado

Besides a visible, rotating funnel in contact with the ground, watch and listen for:

1. Loud, continuous roar or rumble, which doesn't fade in a few seconds like thunder.
2. Strong, persistent rotation in the cloud base, often with a dark, greenish sky.
3. Whirling dust or debris on the ground under a cloud base — tornadoes sometimes have no visible funnel, even though they are still in contact with the ground!
4. Hail or heavy rain followed by a dead calm and/or fast, intense wind shift. Many tornadoes are wrapped in precipitation and cannot be seen.
5. At night — persistent lowering from the cloud base, illuminated or silhouetted by lightning and possibly in contact with the ground. Small, bright blue-green to white flashes at ground level near a thunderstorm are an indicator that power lines are being snapped by very strong wind, possibly a tornado.



Page 1



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

# Tornado Safety

## For Rural Communities

### BEFORE A TORNADO:

- ✓ **BE WEATHER READY...** Tornadoes can occur at any time of the day and year. See reverse side for more information.
- ✓ **CREATE A PLAN...** Have a family plan that includes an emergency meeting place and shelter space. The best shelter is a basement, storm cellar, or other interior room on the lowest floor with no windows.
- ✓ **PRACTICE A PLAN...** Consider practicing what you will do if a tornado approaches. Ensure that every family member knows where to take shelter during a tornado.
- ✓ **CREATE A SAFETY KIT...** Make sure you have items ready to go in case you find yourself in an emergency. Some items could include shoes, flashlight, batteries, water, whistle, telephone numbers for authorities, copies of identification and other important documents.
- ✓ **PREPARE YOUR HOME...** Reinforcing your shelter space could increase the survivability during a tornado. For additional information, contact your local emergency management or cooperative extension office.
- ✓ **HELP YOUR NEIGHBOR...** Encourage your extended family and neighbors to prepare for the possibility of tornadoes.

### DURING A TORNADO:

- ✓ **AT YOUR HOUSE...** If you see or hear a tornado, immediately go to your basement, storm shelter, or interior room away from windows. Under a sturdy table or work bench is ideal. Know where very heavy objects rest on the floor above (pianos, chests, etc.) and do not go under them. They may fall through a weakened floor. If no basement, go to the lowest floor, small interior room, under a stairwell, or interior hallway with no windows. Don't forget pets if time allows. Keep your head protected! Cover our head with hands, arms, mattress, or heavy blanket.

- ✓ **AT YOUR WORKPLACE OR SCHOOL...** Proceed to a small interior location away from outside doors and glass windows. Cover your head.
- ✓ **AT CHURCH...** If possible, move quickly to an interior room away from windows. If not possible, get under seats or pews and protect head with arms and hands.
- ✓ **IN AN OUTBUILDING OR TEMPORARY SHELTER...** Seek shelter inside a sturdy building away from windows and doors. Poorly constructed buildings can be torn to pieces and become wind-driven projectiles. A buggy is not a safe shelter!
- ✓ **OUTSIDE WITHOUT NEARBY SHELTER...** Get as low as possible, such as a ditch or ravine, lie flat face down to avoid flying debris, and protect the back of head with your arms.

### AFTER A TORNADO:

- ✓ **STAY AWARE...** If the weather is still threatening, remain vigilant for additional storms. The next round of storms could bring another tornado or heavy rains/flooding. If able, continue listening for additional alerts and warnings.
- ✓ **ENSURE YOUR FAMILY'S SAFETY...** Locate each family member and check for injuries. Carefully administer or seek medical assistance as appropriate.
- ✓ **HELP YOUR NEIGHBOR...** If you see someone who is trapped or injured, provide assistance or seek additional help if needed.
- ✓ **ASSESS THE DAMAGE...** After the tornado threat has ended, check for property damage. Be careful when walking through storm damage and watch for broken glass, nails, and other sharp objects. Be especially careful in heavily damaged buildings which could collapse. Stay away from downed power lines; they can be an electrocution hazard. Call authorities.



**TORNADO SAFETY**  
**FOR YOU AND YOUR FAMILY**

Page 2



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


# April 2023

Sun

Mon

Tue

Wed

2	3	4	5	
 9 <i>Easter</i>	10	11 Eden Shale Farm Tour-pre-register	12 Frankfort– High Tunnel In person training only for those that completed 2 Webinars in March pre-register 10 AM to 12 PM	
16	17	18 Webinar-Pasture Grazing 5:30 PM pre-register	19	Tr
23	24	25 West Liberty--High Tunnel training only for those that completed 2 Webinars in March Pre-register 5 PM –7 PM <b>Webinar- Overview of KY Fence Law 10:00 AM or 1:00 PM pre-register</b>	26	
30				



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

**Thu**

**Fri**

**Sat**

		1
6	7	8
13 Clover-Buds at 4PM-5PM, pre-register	14 Homemakers Brunch & Learn- 10 AM , pre-register	15
20 see seedling give a way 12:00 PM-4:00 PM	21	22
27	28	29
Looking forward: Webinar- Improving Hay Quality May 19 at 10:00 AM or 1:00 PM		<b>Please Note: In case of inclement weather, call the office to determine if programs have been cancelled.</b>  <b>4-H programs <i>will</i> be cancelled if school is can- celled.</b>



## TREE SEEDLING GIVEAWAY

Thursday, April 20

12:00pm -4:00pm

Wolfe County Extension Office

*The 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 bases of race, color, ethnic 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. 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, 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.*

*Join us for all the fun!*

4 - H

# *Cloverbud Club*

---

THURSDAY

APRIL 13, 2023

4:00PM-5:00PM

WOLFE COUNTY EXTENSION OFFICE

---



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



# Brunch & Learn

Friday April 14, 2023

WOLFE COUNTY EXTENSION OFFICE

10:00AM

WHATS THE BUZZ ABOUT HONEY!?

COME JOIN US TO LEARN ABOUT KENTUCKY HONEY PRODUCTION, ITS BENEFITS, AND  
WAYS TO USE HONEY IN OUR DIETS AND COOKING.

LORI ADAMS, KNOTT FCS AGENT WILL BE PRESENTING!

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!

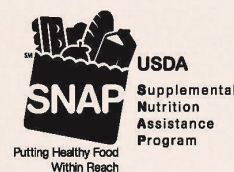
*Legends of the Kitchen*

COOKBOOK

COMING SPRING 2023



# NO FUSS OVEN FRITTATA



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

## Nutrition facts per serving:

190 calories; 13g total fat; 5g saturated fat; 0g trans fat; 265mg cholesterol; 380mg sodium; 6g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugar; 14g protein; 6% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 8% Daily Value of potassium.

**Source:** Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

- 2 teaspoons vegetable oil
- 1 small onion, diced
- 1 (8-ounce) package fresh sliced mushrooms
- 1 bunch asparagus, trimmed and sliced into 1 1/2-inch pieces
- 8 eggs
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 3/4 cup shredded sharp cheddar cheese

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Gently scrub the onion and asparagus with a clean vegetable brush under cool running water before preparing them. Rinse the mushrooms under cool running water, being sure to remove any dirt; pat dry.

3. Preheat oven to 350 degrees F.
4. Heat oil in a large ovenproof skillet. Add onion, mushrooms, and asparagus. Cook until tender (about 5 minutes). Remove from heat.
5. Crack eggs into a bowl; add black pepper and salt. Whisk until mixture is uniform in color and texture.
6. Pour eggs over vegetables in skillet. Sprinkle top with shredded cheese.
7. Place skillet in preheated oven. Bake 10 to 15 minutes until eggs are firm and a thermometer inserted into the center reaches 160 degrees F.
8. Cut into six slices and serve warm.
9. Store leftovers in the refrigerator within 2 hours.

### Makes 6 servings

**Serving size:** 1 slice

**Cost per recipe:** \$8.82

**Cost per serving:** \$1.47





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

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

Non Profit  
 US Postage Paid  
 Permit # 4  
 Campton, KY

RETURN SERVICE REQUESTED



## Dijon Chicken Asparagus Roll Ups

<b>3 tablespoons</b> Dijon mustard	<b>2 teaspoons</b> <b>2 teaspoons</b> black pepper	<b>4</b> skinless, boneless chicken breast halves (about 5 ounces each)
<b>½ cup</b> low fat mayonnaise	<b>½ teaspoon</b> salt	<b>4</b> slices skimmed mozzarella cheese
<b>1</b> lemon, juiced (approximately 3 tablespoons)	<b>16</b> spears fresh asparagus, trimmed	<b>1 cup</b> panko bread crumbs

**Preheat** oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings  
**Nutritional Analysis:**  
 370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.