

Extension Edition

Cooperative Extension Service

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Campton, KY 41301-0146
(606) 668-3712
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<http://wolfe.ca.uky.edu/>

Wolfe County Cooperative Extension Newsletter June 2024



“No life is without difficulties, no garden is without weeds” - C. L. Fornari

Darian Creech
Darian Creech
Wolfe CEA FCS-4H

Jessica Morris
Jessica Morris
Wolfe CEA Agriculture &
Natural Resources- 4-H



Wolfe County Extension Office

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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

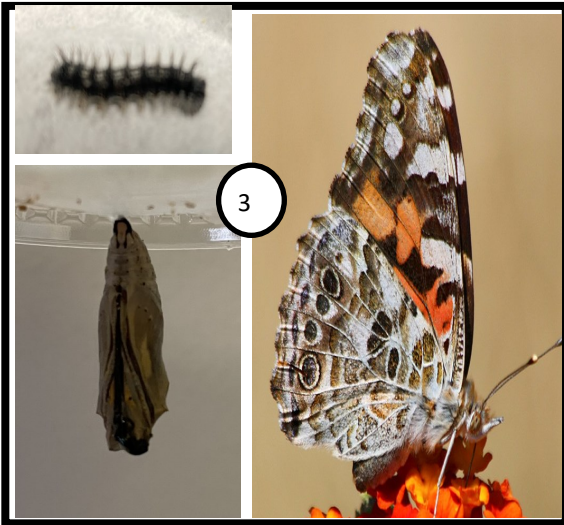
Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, 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.



UPDATES



Looking at some of our activities for May: Photo 1-Pollinator day was conducted here at the extension office, 2nd grade students from the county schools learned about the value of pollinators, their life cycle and other interesting facts. Photo 2-Butterfly hatching kits were provided by the Wolfe county 4-H program to allow students to witness the life cycle of butterflies in their classrooms, as shown in photo-group #3. Wolfe Co 4-H also provided incubators and eggs for chick hatching to each of the elementary schools (photo 4). A new activity was the High Tunnel Field Day, a collaborative effort with Breathitt County Extension; our ANR agent took clients on a learning field trip to an area High Tunnel; a glimpse at some of the produce is shown to the left in photo 5.

IMPROVE REPRODUCTIVE EFFICIENCY *Utilizing Technology on the Herd*

Hands on Learning Experience Series at the Robinson Center



Estrus Synchronization

Join us as Dr. Anderson and Dr. Lehmkuhler demonstrate and explain estrus synchronization as well as the Cow Manager system.

May
1
NOON



Artificial Insemination

Join the specialist as they demonstrate and explain how to properly AI as well as the cost, discuss sexed semen benefits, and explore Stocket, the record keeping app.

May
9
NOON



Pregnancy Diagnosis

Join for the final meeting of the series as chute side pregnancy test kits are demonstrated. Final discussion of how cow manager has aided in this process for these heifers.

June
10
8:30AM

130 Robinson Road | Jackson, KY

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Extension, 33 40306



**June 12, 2024
at 3:15 PM**



4-H LIVESTOCK CLUB

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






4-H Garden Club

Join our informational meeting to learn about our fun plans for the year and working in the community gardens! Bethany & Renae are excited to start this new club opportunity!

June 27, 2024 at 5:00 PM

Wolfe County Extension Office

606-668-3712



Martin-Gatton College of Agriculture, Food and Environment
University of Kentucky



Partners for Rural Impact

Small Ruminant Boot Camp & FAMACHA/SRQA Certification

Register at: <https://www.kysheepandgoat.org/product-page/small-ruminant-boot-camp-and-famacha-srqa-certification>

Price: \$25– includes 1
FAMACHA & SRQA Certifications
June 1, 2024

Wolfe County Extension Office

Registration Deadline: May 27th

Online

May 13, 20, and 27 (*videos must be completed prior to June 1st*)

In-person Clinic:

9:15am-12:15pm, June 1, 2024
Wolfe County Extension Office, 20 Washington St, Campton, KY 41301

Hosted By:



Sponsored By:





WOLFE COUNTY EXTENSION OFFICE
MONDAY June 17, AT 5:30

CALL US AT 606-668-3712 IF YOU PLAN ON JOINING US THAT EVENING!

Growing Your Own A beginner's guide to gardening

Preparing Your Garden

Good soil is the backbone of a healthy garden. Soil supplies plants with nutrients for growth and support for the roots. Good soil helps produce healthy vegetables.

Working the soil

Working the soil is easiest in the spring. If you are planting right into the soil (not in containers), test moisture by gathering a handful of soil. Squeeze it in your hand and release. If it crumbles, it is ready to be worked. If it stays in a clump shape, it is too wet. A good garden soil is loose but not so loose that it looks like powder or dust.

Use a shovel to loosen the soil. Try to dig down 10 to 12 inches. Put the shovel blade into the soil and turn the blade or pick up the shovel to turn the soil. Repeat throughout the garden space. Break up the clumps and clods with a rake or hoe. Remove large sticks and rocks.



Soil that is too wet for planting (left) and soil that is ready for planting—moist but not clumped (right).

Organic matter is a good addition to your soil. It adds nutrients and loosens heavy soil. It allows sandy soil to hold water better and makes the soil easier to work. The most common forms of organic matter are:

- **Plant material** such as fresh leaves, straw, or grass clippings. Work them into the soil several months before planting so they have time to break down properly.
- **Animal manure** from cows, chickens, or rabbits. Use older, composted manure if you are about to plant in spring. Lay a 1-inch layer of composted manure over the soil before planting, and mix it well into the soil.
- **Compost** from decayed plant material. Many cities and towns have compost available to residents. *Compost* is often mostly made of leaves or small pieces of wood collected from residential yards. Apply a 1-inch layer and work it into the soil.

Testing the soil

A soil test will determine which nutrients are lacking in your soil and how much fertilizer to apply. The test should be done after you have worked the soil, but before making raised beds, fertilizing,

or planting. Your county extension agent can assist you with collecting a soil sample, mailing it in, and interpreting the results. Many counties offer free soil testing. If your county does not, a soil test through the University of Kentucky Regulatory Services is \$7.

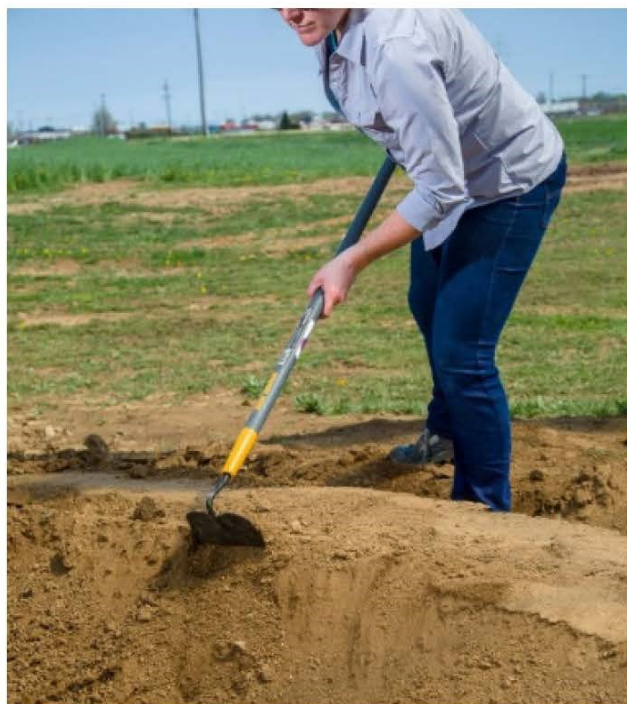
Fertilizing

If you chose to add manure or compost to your soil during the preparation stage, you may not need to add much during the growing season. If you did not add manure before planting, you should add some sort of fertilizer to your soil to provide enough nutrients for your plants. Commercial fertilizers are available at farm supply or home-improvement stores. The main three nutrients that most fertilizers provide are nitrogen (N), phosphorus (P), and potassium (K). They will be listed on the bag and always in that same order: N-P-K (nitrogen, phosphorus, potassium).

If you choose not to have your soil tested, apply about ½ pound of 33-0-0 fertilizer for every 100 square feet of soil. If you cannot find this fertilizer, urea (46-0-0) will also work. Both types come in the form of granules. Use a cup to spread the fertilizer as evenly as possible where you plan to plant. Incorporate the fertilizer into the soil using a shovel and rake. Wash your hands after handling fertilizer or wear gloves.

Making raised beds

Once you have prepared your soil, begin to form raised beds. *Raised beds* allow for better water drainage and let more air enter the soil, which improves plant root growth. If you plan on having more than one *raised bed*, space them far enough apart so that you can walk between them. About 36 inches from the center of one bed to the center of the next bed is common. The top of the bed should be level and about 8 to 12 inches wide. You can make both the bed width and walkway smaller or wider if you wish. You should be able to reach across the top of the bed and walk between the beds.



An unstructured raised bed that has been formed by mounding the soil and shaping it.



A taller option for a raised bed that could accommodate a wheelchair.



A structured raised bed using wooden beams (right) and cinder blocks (left).

June

Sun

Mon

Tue

Wed

2	3	4 Bingo-cize at Sr citizens 10:00 AM*	5	
9	10 Improving Herd Repro. Efficiency 8:30 AM Robinson Station* Pottery Workshop 1:00 PM	11 Bingo-cize -Sr citizens 10:00 AM* Cooking Through the Calendar 11:00AM	12 Livestock Club	
16	17 Bingo-cize - Sr citizens 10:00 AM* Wolfe Co Beekeepers-5:30 PM	18 Commodity Day for Wolfe Countians over age 60 & pre-approved	19 June-teenth Holiday Office closed	
23	24	25	26	
30				

2024

Thu

Fri

Sat

		<p>1</p> <p>Goat & Sheep Field Day 9 AM to 12 Noon</p>
<p>6</p> <p>Come Sew with US in Knott Co * (must have registered in May)</p>	<p>7</p> <p>Bingo-cize at Sr citizens 10:00 AM* <i>Walk With Us 11:00 AM</i></p>	<p>8</p>
<p>13</p> <p>Come Sew with Us in Breathitt Co* (must have registered in May)</p>	<p>14</p> <p>Bingo-cize at Sr citizens 10:00 AM* <i>Walk With Us 11:00 AM</i></p>	<p>15</p>
<p>20</p> <p>Bingo-cize at Sr citizens 10:00 AM*</p>	<p>21</p> <p>Walk With Us 11:00 AM</p>	<p>22</p>
<p>27</p> <p>4-H Gardening Club Sit & Sew 2 PM –5 PM</p>	<p>28</p>	<p>29</p>

A vibrant blue background featuring several colorful bingo cards (blue, purple, orange) with red 'X' marks. Scattered around are various bingo balls in yellow, red, and green, some with numbers like 7, 35, 12, and 44. A large orange ribbon banner is draped across the center.

BINGOCIZE

Bingo + Exercise = Bingocize!

Tuesday, June 4
Friday, June 7
Tuesday, June 11
Friday, June 14
Monday, June 17
Thursday, June 20

WOLFE COUNTY SENIOR CITIZENS CENTER

10:00 AM

**Cooperative
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Disabilities
accommodated
with prior notification

Sit & Sew

BRING YOUR OWN PROJECTS TO COMPLETE

June 27, Thursday

2:00-5:00 PM

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

 Cooperative
Extension Service

POTTERY

WORKSHOP



MONDAY - JUNE 10, 2024 | 1:00 PM

WOLFE COUNTY EXTENSION OFFICE

\$25 REGISTRATION FEE
SPOTS LIMITED

**ALL PARTICIPANTS WILL MAKE A SLAB MUG, VASE OR
PLANTER AT WORKSHOP**

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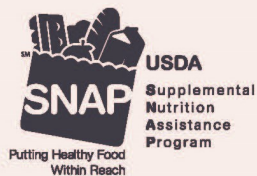
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Fruited Coleslaw



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

Nutrition facts per serving:
100 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 16g total carbohydrate; 2g dietary fiber; 14g total sugars; 1g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:
Adapted from Iowa State University Extension

- 2 tablespoons mayonnaise
 - 1/2 teaspoon apple cider vinegar (or any type of vinegar)
 - 2 teaspoons sugar
 - 3 tablespoons crushed pineapple canned in 100% juice, including juice
 - 2 cups shredded or finely chopped cabbage
 - 1/2 cup chopped apples (or fruit of choice: orange, mandarin oranges, pear)
 - 1/2 cup raisins or dried cranberries
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. Combine mayonnaise, vinegar, sugar, and pineapple in a small bowl. Stir to mix well.
 4. In another bowl, combine cabbage and other fruit.
 5. Pour dressing over cabbage and fruit. Stir to mix.
 6. Serve right away.
 7. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/2 cup
Cost per recipe: \$1.57
Cost per serving: \$0.26

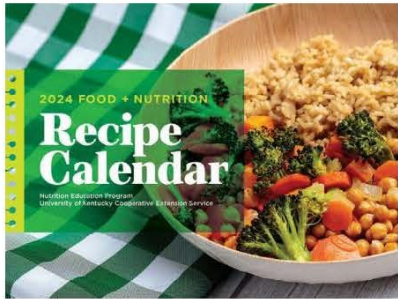
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UK Cooperative Extension Service

COOKING THROUGH THE Calendar

**June 11, 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 Street
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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Daily, healthy lifestyle tips to prevent high blood pressure

Source: Katherine Jury, Extension specialist for family health

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.



Walk With Us

June 2024 Dates:

Friday, June 7th

Friday, June 14th

Friday, June 21st

Meet at the Wolfe County
Extension Office

11:00 AM

**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



Triple Berry Crisp

Cooking spray	3 tablespoons white sugar	¾ teaspoon cinnamon
1¾ cup fresh blackberries	¾ cup brown sugar	½ teaspoon nutmeg
1¾ cup fresh blueberries	½ cup flour	½ cup butter
1¾ cup fresh strawberries	½ cup oats	

Preheat oven to 375 degrees F. Spray the bottom and sides of an 8-by-8 inch baking pan with nonstick cooking spray. **Wash** berries. Do not let berries soak in water. Hull strawberries by removing the stems and green tops. **Place** blueberries, blackberries and strawberries in a mixing bowl. **Sprinkle** berries with white sugar and **stir**. **Set** aside. In a separate, large bowl, **mix** the brown sugar, flour, oats, cinnamon and nutmeg. **Cut** in the butter until crumbly.

Pour berry mixture into baking pan. **Sprinkle** crumbly mixture over the berries. **Bake** for 30 minutes or until the top is golden brown.

Yield: 12, ½ cup servings

Nutritional Analysis: 160 calories, 6 g fat, 3.5 g saturated fat, 15 mg cholesterol, 0 mg sodium, 27 g carbohydrate, 3 g fiber, 19 g sugars, 2 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.