

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

Extension Edition

Cooperative Extension Service

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Wolfe County Cooperative Extension Newsletter July 2023



"In the truest sense, freedom cannot be bestowed; it must be achieved." - Franklin D. Roosevelt

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- Easy Peach Cobbler

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification. 1

UPDATES

Newly Hired Family and Consumer Science/4-H Agent

Begins on July 5, 2023

We are so pleased to announce that Darian Creech will start her new position here, as the Family and Consumer Sciences/4-H agent, at our office on July 5th.

Darian was born, raised, and currently resides in Wolfe County. She received a Bachelor of Science degree in Dietetics and Human Nutrition from the University of Kentucky in 2017. She has been the Food Service Director for the Lee County School District the past five years. She is married to Dylan Creech and has one daughter, Tinley, who is four years old. She is very excited to return to work in her home county as the Family and Consumer Sciences and 4-H Agent in July.



Darian Creech, FCS/4-H Agent

Office Lunch Break

We try to keep our office open continuously for the convenience of our clients. However, occasionally due to limited staffing, it may be necessary to close our office for lunch from 12 o'clock noon to 1 o'clock PM

Our office will be closed July 4th for the Independence Day Holiday.

Annual Countdown to Kindergarten

For many years we have partnered with Wolfe County Schools to conduct summer Countdown to Kindergarten (C2K). Once again the partners will conduct this activity from July 25th to 27th. This summer day camp event is for children that will begin Kindergarten this August. Please call 668-3712 to register your child.

Stay Updated

We make our best effort to include the latest information and events happening at our extension office in this newsletter; but sometimes other opportunities present themselves. To ensure you know the latest, you may follow us on face book . <http://www.facebook.com/>

Canning Class



July 11, 2023

10-2

Come join Perry FCS agent, Kelsey Sebastian as she gives you the ins and outs of canning basics! Join us before your garden harvest comes in!



Call to register:
606-668-3712



Save the
Children



College of Agriculture,
Food and Environment
Cooperative Extension Service

Countdown TO KINDERGARTEN

JULY 25-27, 2023
WOLFE COUNTY EXTENSION OFFICE
10:00AM - 2:00PM



Please call 606-668-3712 to register!

Gardening Tips



<http://www2.ca.uky.edu/agcomm/pubs/ID/ID128/ID128.pdf>

Table 17. Recommended times for sidedressing vegetables. (General rate for sidedressing is 10 Tbs of nitrogen fertilizer such as 15-0-0/10 ft row for all vegetables except asparagus and onions, which require 20 Tbs/10 ft row, and potatoes, which require 14 Tbs/10 ft row.)

Crop	Time of Application
Asparagus	Before growth starts in spring and again after harvest. Phosphorus and potassium may also be applied at these times if needed. See Asparagus section.
Beans	After heavy blossom and set of pods.
Beets	Additional nitrogen might reduce yield or lower quality.
Broccoli	3 weeks after transplanting.
Cabbage	3 weeks after transplanting.
Cauliflower	3 weeks after transplanting.
Carrots	Additional nitrogen might reduce yield or lower quality.
Cucumbers	Apply 1 week after blossoming begins and same amount 3 weeks later.
Eggplant	After first fruit set.
Kale	When plants are about one-third grown.
Lettuce	Additional nitrogen might reduce yield or lower quality.
Muskmelons	Apply 1 week after blossoming begins and same amount 3 weeks later.
Onions	1 to 2 weeks after bulb formation starts.
Parsnips	Additional nitrogen might reduce yield or lower quality.
Peas	After heavy bloom and set of pods.
Peppers	After first fruit set.
Potatoes	After tuber formation starts (bloom stage), about 6 weeks after planting.
Spinach	When plants are about one-third grown.
Squash	Additional nitrogen might reduce yield or lower quality.
Sweet corn	When plants are 12 inches tall.
Sweet potatoes	Additional nitrogen might reduce yield or lower quality.
Tomatoes	Apply 1 to 2 weeks before first picking and same amount 2 weeks after first picking.
Turnips	Additional nitrogen might reduce yield or lower quality.
Watermelon	Additional nitrogen might reduce yield or lower quality.



SIT AND Sew



BRING YOUR OWN PROJECTS TO COMPLETE



13 JULY 2023
2-5 PM

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

EVERY 2ND & 4TH THURS

WOLFE COUNTY EXTENSION OFFICE

FREE

More Information :

606-668-3712

OR

Contact MCV

Rita Rogers or

Carole Dunhuner



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

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July 2023

SUN	MON	TUE	WED
		Adult Education meets Tuesdays in our Project Room	
2	3	4 Holiday office closed 	5
9	10	11 Canning class– register <i>Healthy Living with Diabetes-register 3 to 5:00 PM</i>	12
16	17 District Board Meeting	18 Commodities <i>Healthy Living with Diabetes-register 3 to 5:00 PM</i>	19
23	24	25 Countdown to Kindergarten-register <i>Healthy Living with Diabetes-register 3 to 5:00 PM</i>	26 Countdown to Kindergarten-register
30	31	LOOKING AHEAD Aug 1 <i>Healthy Living with Diabetes – register 3 to 5:00 PM</i>	

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

THU	FRI	SAT
		1
6	7 Meet & Greet Your New Family & Consumer Science Agent from 2:00 PM to 5:00 PM	8
13 Sit & Sew 2:00 PM to 5:00 PM	14	15
20	21	22
27 Countdown to Kindergarten-register	28 4-H Goes Kayaking—10 AM to 2 PM call to reg- ister	29



POISON HEMLOCK

KNOW THE DANGERS AND HOW THEY CAN AFFECT YOU AND LIVESTOCK!

For more information please check out the link below:

<https://kyforagenews.com/2018/10/01/be-aware-of-poison-hemlock/>

Acute Symptoms

- Nervousness, trembling, muscle weakness, incoordination
- Salivation (slobbering)
- Initial stimulation or excitement followed by depression
- Dilation of the pupils
- Weak heartbeat
- Musty, mousy odor to breath and in the urine
- Prolapse of the third eyelid across the cornea may cause temporary blindness
- Death by respiratory failure due to paralysis of respiratory muscles

How to Pack a Cooler

The cooler

Choose a well-insulated cooler with thick walls. Before you pack it, wash it with hot, soapy water.

Healthy snacks

Your favorite healthy snacks should go on top for easy-access. Portion out perishable foods like cheese and yogurt in air-tight containers.

Meat products

Meat should be stored in an air-tight container at the bottom of the cooler to prevent cross-contamination.

Fruits & vegetables

Whether a snack or a side, fruits and vegetables are great for a meal outdoors. Serve in air-tight containers to preserve their quality.

Ice

Layer ice on the bottom of the cooler, between each layer of food, and on top. The fuller the cooler, the cooler it will stay.

Milk & other beverages

After adding a thin layer of ice on the bottom, pack beverages first, especially if they are perishable like milk.



Plan while you pack.

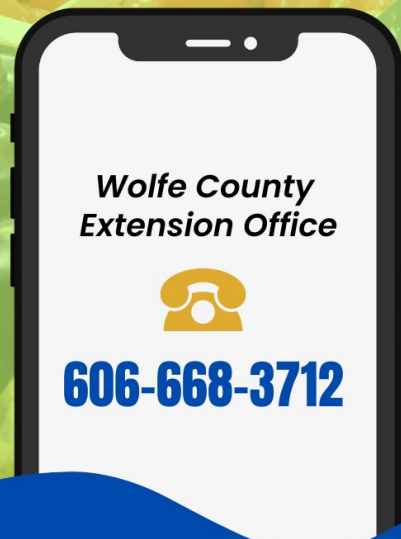
Make your meal-away-from-home count by planning meals and snacks around nutrient-rich foods like fruits, vegetables, dairy foods, whole grains and lean proteins.



SENIOR FARMER'S MARKET VOUCHERS

Please call the Wolfe County Extension Office to sign up!

All those who receive senior commodities are eligible!



- MUST BE 60 YEARS OLD
- MUST MEET INCOME GUIDELINES
- \$50.00 CARD ISSUED WHILE SUPPLIES LAST

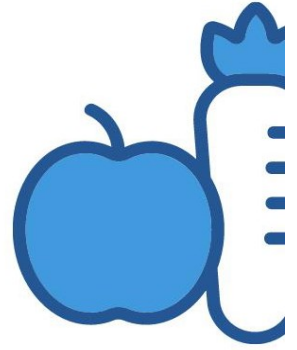
Distribution date will be given at registration!






Healthy
living with
Diabetes

Kentucky Department for Public Health



OUR FREE, NATIONALLY ACCREDITED AND RECOGNIZED DIABETES EDUCATION WORKSHOPS ARE NOW AVAILABLE



Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Get tips on taking medication and reducing your risks for short and long-term complications.



Wolfe County Extension Office
3pm-5pm

July 11 , 2023 What is Diabetes, Problem Solving and Monitoring
July 18, 2023 : Healthy Eating and Physical Activity
July 25, 2023 : Medications and Preventing Long term Complications
August 1, 2023 : Healthy Coping, Action Planning

YOU MUST REGISTER: Call 606-668-3185





Let's Go Kayaking

with Wolfe County 4-H

**Learn all about
kayaking!**

**Lunch, Kayaks
and life jackets
provided.**

(For ages 9-18)




**Registration Deadline:
July 16th**

**Contact:
4-H Agent Jessica
Morris at the Wolfe
County Cooperative
Extension Service**

606-668-3712

**July 28th
10 a.m.
to 2 p.m.**





Welcome
Darian
Creech

JOIN US AS WE WELCOME OUR NEW FCS AGENT

FRIDAY
JULY
7
2023
2:00PM - 5:00PM

WOLFE COUNTY EXTENSION OFFICE





Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings
Serving size: 2 cups
Cost per recipe: \$11.52
Cost per serving: \$1.92



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

Nutrition facts per serving:
350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

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





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RETURN SERVICE REQUESTED



Easy Peach Cobbler

½ cup whole wheat flour	1½ cups sugar (divided)	1 tablespoon lemon juice
½ cup all purpose flour	1 cup skim milk	1 teaspoon ground nutmeg or cinnamon
1½ teaspoons baking powder	½ cup unsalted butter	
1 pinch salt	4 cups fresh peeled peaches	

- 1. Preheat** the oven to 375° F. **Combine** the flour, baking powder, salt and ¾ cup sugar in a large mixing bowl. **Add** the milk and mix only until the dry ingredients are wet.
- 2. Melt** the butter and **pour** into a 13 x 9 inch baking dish or pan. **Add** the flour mixture on top of the butter. Do not stir.
- 3. In a saucepan, heat** the peaches, ¾ cup sugar and lemon juice until the sugar is dissolved and the peaches are coated. **Pour** evenly over the flour
- 4. Bake** for 40 minutes or until crust is golden brown. **Remove** from oven and serve warm.

Yield: 12 servings.

Nutritional Analysis: : 190 calories, 8g fat, 5g saturated.fat, 80 mg sodium, 20mg cholesterol, 32g carbohydrate, 1g fiber, 24g sugar, 2g protein.

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

